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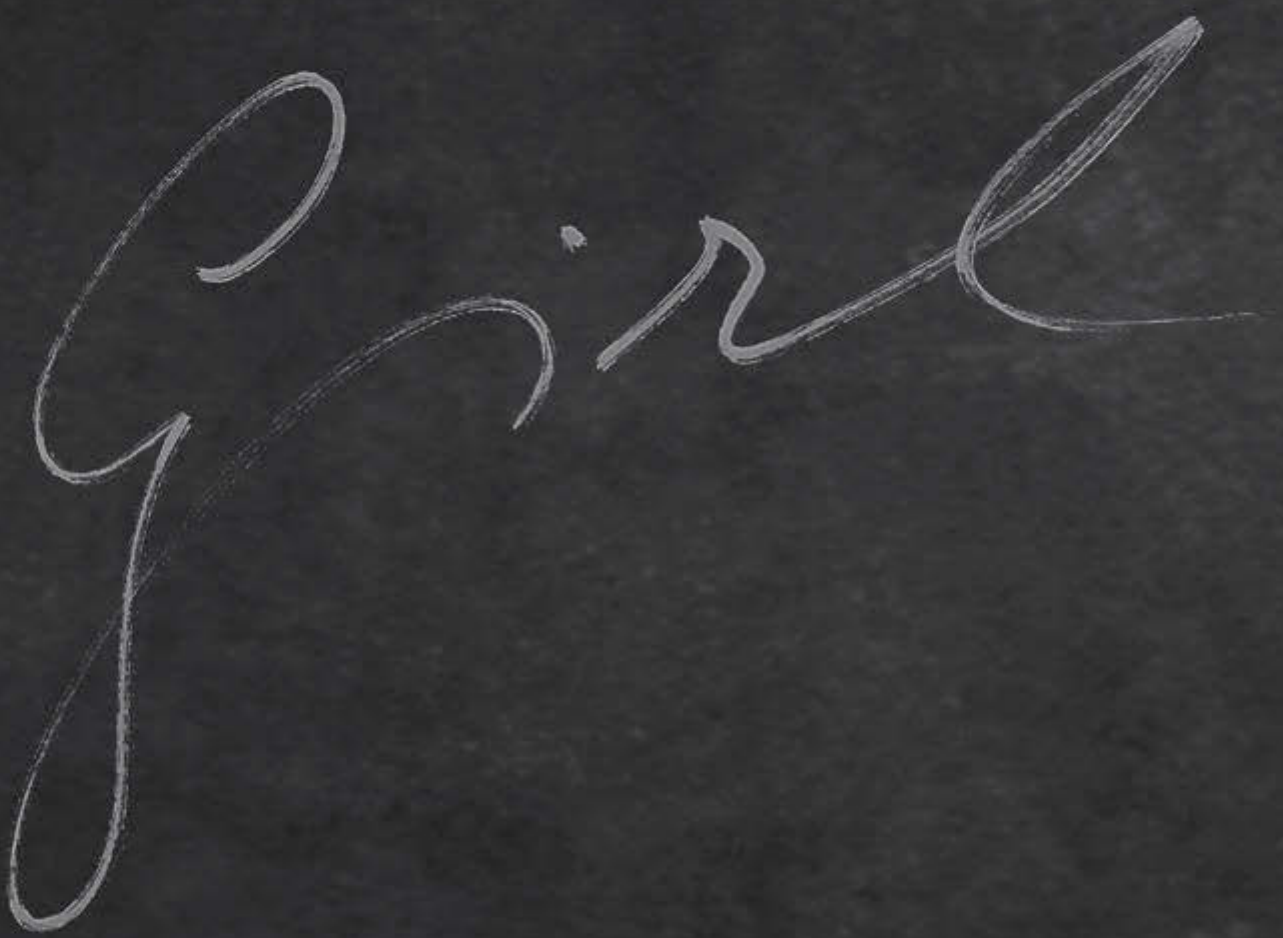




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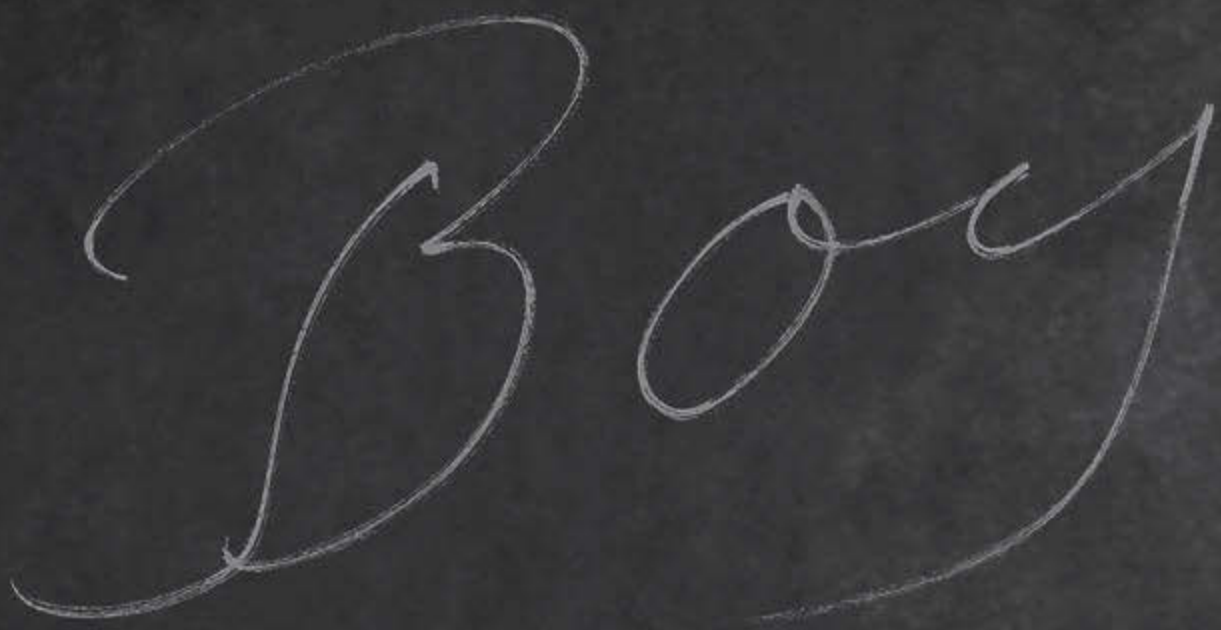


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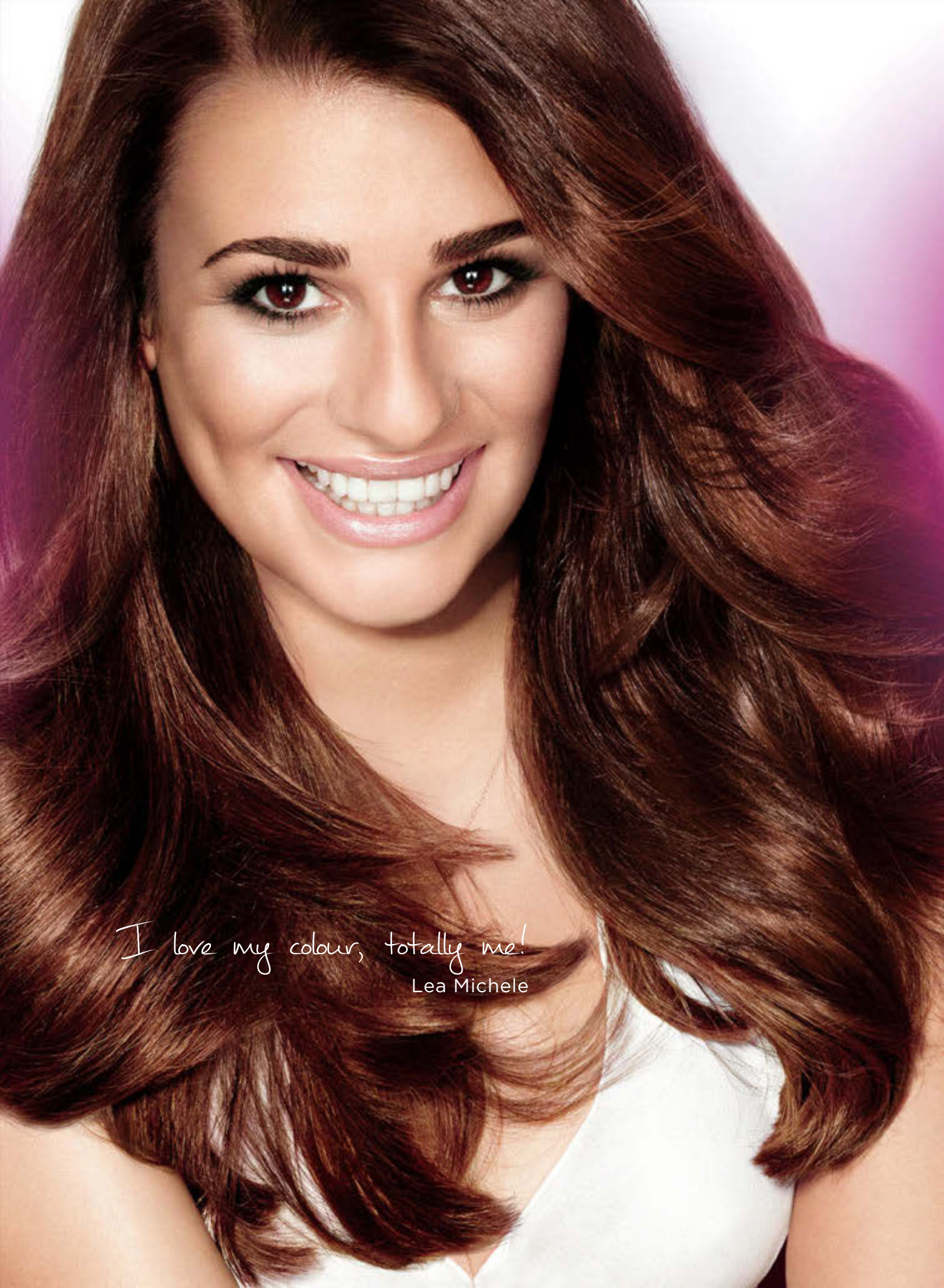




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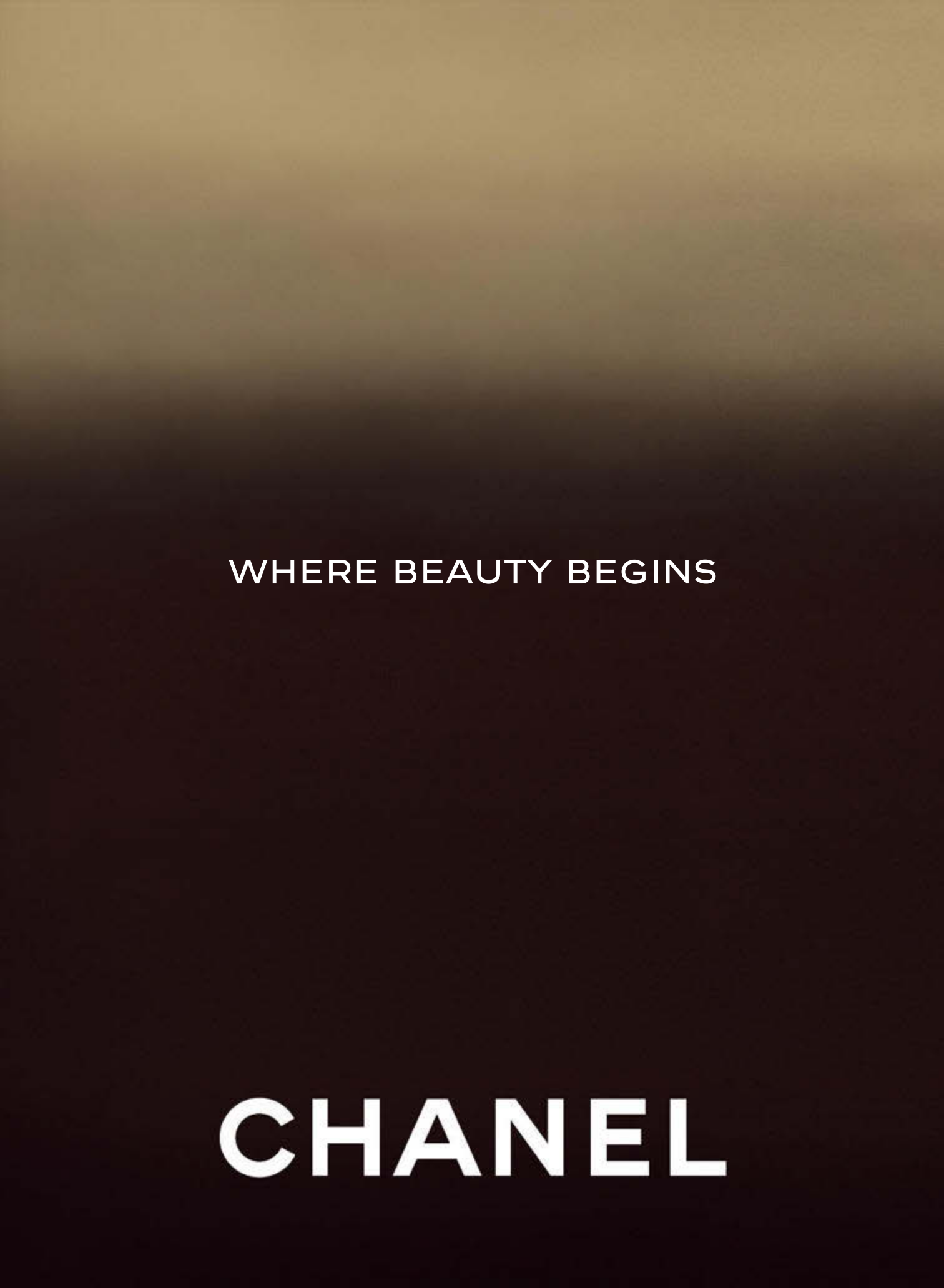
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INSTA-GIRL

Bella Thorne needed a pic with photographer Max Abadian's sweet ride (page 70).



ANCHORS AWAY

We celebrate the return of spring and all things nautical with Canadian model Janice (page 106).



FAMILY AFFAIR

Beauty director Vanessa shares a personal story about mother-daughter hair woes (page 152). #blamemom



SUNNY SIDE UP

The fashion team travelled to Costa Rica to capture the highlighter-yellow pieces of s/s 2015 (page 116).



MASTERPIECE

We break down Italian-Haitian designer Stella Jean's Creole-inspired collection (page 56).



BUT FIRST, NAILS

High-flying nail art by Leeanne Colley on the set of our superhero-themed beauty shoot (page 158).



DISPATCH: COLOMBIA

Editor-in-chief Noreen shares her adventures trekking through the jungle (page 172).



THE SUPERS

Canadian models Senait (left) and Dauphine (right) plot their course for world domination (page 158).



ABOUT FACE

Cover star Bella Thorne getting glam on the set of our live cover shoot (page 70).

TEXT BY ALIYAH SHAMSHER; ALL PHOTOS BY ELLE CANADA STAFF

ELLE CANADA

Get a behind-the-scenes look at each issue as it happens by following us on Instagram **@ELLECanada**.



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Which outfit do YOU prefer on @BellaThorne: the first @TommyHilfiger or the second @EmilioPucci? #ELLECanadaBella



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Tom Bachik, global nail artist for L'Oréal Paris, used L'Oréal Colour Riche Collection Exclusvie in Liya's Nude.



In true Insta-girl fashion, Thorne posed with photog Max Abadian's Porsche for her first shot of the day.





@ELLECanada
That hair flip tho

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GOING LIVE

Step inside our interactive cover shoot.

Given that she has almost 10 million followers on Instagram and Twitter combined (not to mention the views she gets on Snapchat), it came as no surprise that actress Bella Thorne was game for a live cover shoot. We Instagrammed, we tweeted and, for the very first time, we Snapchatted (you're following us, right?), and you responded in the millions! #ELLECanadaBella went viral, generating nearly 80 million impressions and thousands of comments within hours. See you at the next one! □











Thousands of you voted online to choose our newsstand cover; 51 percent opted for the stunning Tommy Hilfiger look (right) over the daring Alexandre Vauthier.



TEXT BY ALIYAH SHAMSHER; BEHIND-THE-SCENES IMAGES BY ELLE CANADA STAFF


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CANADA

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MAY 2015



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Bella Thorne makes the leap from child actress to megawatt movie star.

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48 **SHOPPING** How to pull off bold florals; think (palest) pink; find your perfect blazer.

54 **BEAUTY MOOD** Wish upon a star.

56 **FASHION DNA** The colourful world of Stella Jean. ▷

WIN
A $6,000 TRIP FOR TWO TO COLOMBIA! (PAGE 155)

MAX ABADIAN (B. THORNE): SILK-SATIN-TWILL DRESS (MARC JACOBS); SHEER KNIT VISCOSE TANK (VERSACE); DIAMOND AND 18-KARAT-WHITE-GOLD EARRINGS (JACK VARTANIAN); DIAMOND AND 14-KARAT-GOLD STAR RING AND DIAMOND AND 18-KARAT-ROSE-GOLD STRIPED RING (LE VIAN); 18-KARAT-GOLD-WIRE AND DIAMOND "TIFFANY T" BRACELET (TIFFANY & CO.); DIAMOND AND 18-KARAT-YELLOW-GOLD "LOVE" BRACELET (CARTIER) AND SUEDE LACE-UP SHOES (KIYOON BAEK FOR NICHOLAS K). ALL OTHER BRACELETS AND RINGS, BELLA'S OWN



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The new season's colourful mix

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48 Fresh kicks.



ON THE COVER

Bella Thorne is wearing a dress by Tommy Hilfiger, shoes by Bionda Castana, a choker by Sielian Vintage, earrings by Le Vian, a bracelet by Tiffany & Co. and a bracelet by Cartier. **Photographer** Max Abadian **Stylist** Juliana Schiavinatto (P1M.ca) **Hair** John D (Starworks Artists) **Makeup** Melanie Inglessis (Forward Artists/ Neutrogena) **Nails** Tom Bachik (L'Oréal Paris) **Art direction** Brittany Eccles

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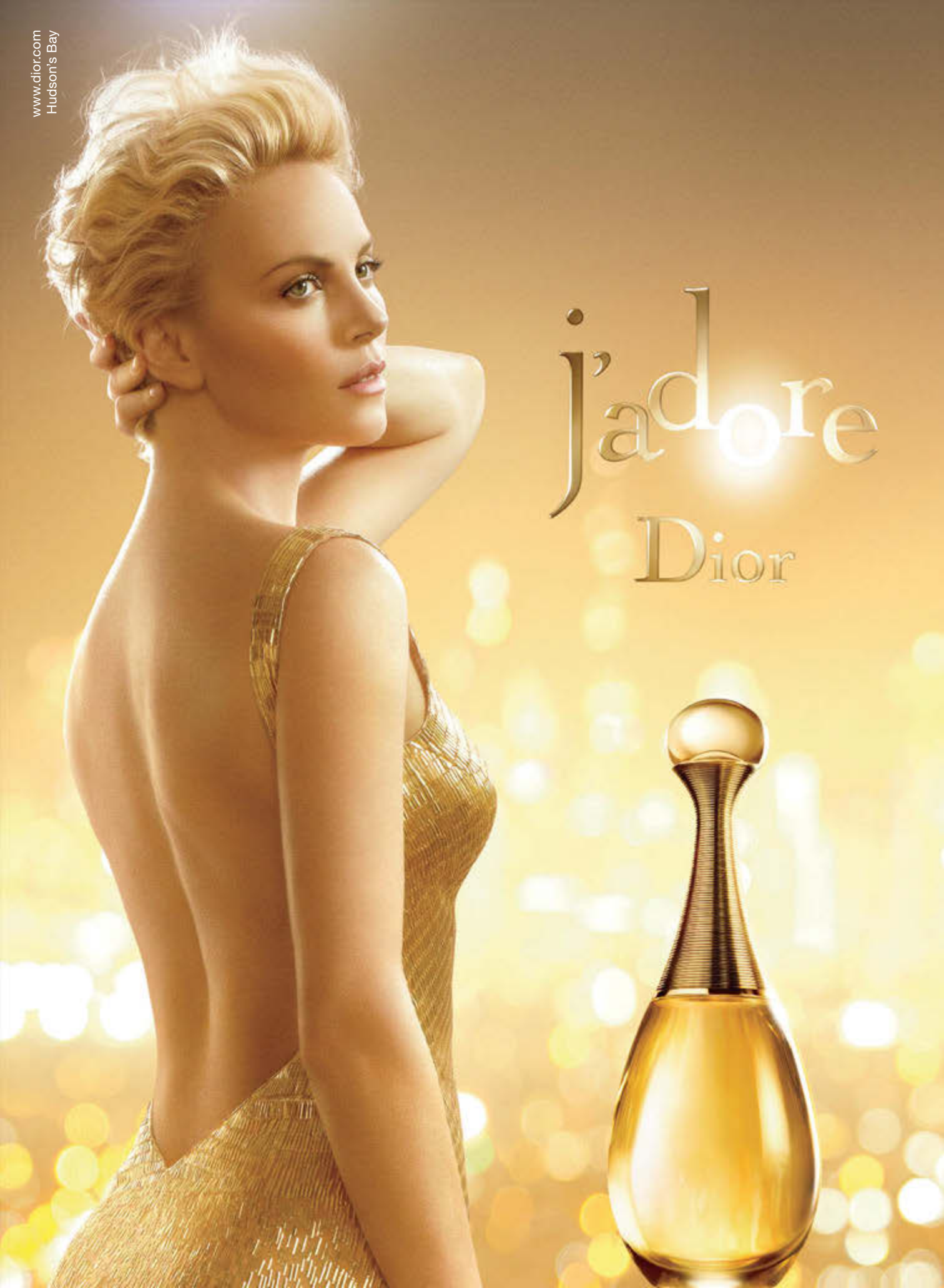
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Fresh kicks

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editor's note





I have a Colombia crush—and two lucky readers will too. Enter to win a trip to this South American gem on page 155.

ADVENTURE LAND

Trekking through steamy jungles, forging rivers and walking along vertigo-inducing mountain ridges. That's my idea of adventure. (Surviving Paris Fashion Week also makes the list!) I've hiked the Annapurna Circuit in Nepal, climbed Mount Olympus in Greece and hiked the West Coast Trail on Vancouver Island, but for the past six years I was obsessed with trekking to the Ciudad Perdida, or "Lost City," in Colombia. (See "Lost & Found," page 172.) Ironically, I didn't encounter a single creepy-crawly creature during the hike, but as I was writing this note a peppermint-size cinnamon-coloured spider suddenly appeared beside my computer. I shrieked—even jumped up from my chair. It was an unexpected but timely reminder that just because you're in the safety of your own home, it doesn't mean the proverbial bus won't run you over. That "bus" is different for everyone. Mine just happens to be a mild to severe case of arachnoid anxiety. As the beatnik poet Ambrose Redmoon once said: "Courage is not the absence of fear but rather the judgment that something else is more important than fear." For me, what's important is leading a life embroidered with moments of unexpected adventure—even if that includes almost stepping on a tarantula while hiking Guadalupe Peak in Texas. Although travel is at the heart of these experiences for me, one of the grandest adventures in life for many women is motherhood. That journey—and all the raw fears and anxieties that come with it—is brilliantly captured in three touching essays from new moms. In "A Walk to Remember" (page 96), Laura deCarufel, our fashion features director, recounts a defining moment when she and her son, Charlie, took their first tentative stroll outside, away from the safety of their home. For Kathryn Hudson, our features director, it was about coming to terms with how motherhood would change her life. Her epiphany came before little Oscar arrived, and it happened in the most unlikely of places: a Vegas bathroom. (You'll have to turn to "End of Days," also on page 96, to see what happened.) In "False Glow" (page 100), Olivia Stren describes the physical hurdles—an early bleed, gestational diabetes, heart murmurs and arrhythmias—that marked her less-than-idyllic journey to motherhood. Congratulations to the new moms in the ELLE Canada family and to any readers who have embarked (or will be embarking) on new adventures this year.



READY, SET, GO!
If you're pining for a little butterfly-inducing escapade, turn to page 84 and take our quiz to determine whether you're a Style Trekker, an OTT Warrior or a New Glamazon. Then, discover the perfect adventure for you. (Clothing, beauty essentials and your playlist are included.)

Noreen

Noreen Flanagan
Editor-in-Chief
Follow me on Twitter and Instagram
@noreen_flanagan

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EVAAN KHERAJ (N. FLANAGAN); HAIR & MAKEUP BY VANESSA JARMAN (P1M.CA); N. FLANAGAN IS WEARING A SHIRT BY STELLA MCCARTNEY (AT HOLT RENFREW, HOLTRENFREW.COM), A SKIRT BY THEORY (AT HUDSON'S BAY, THEBAY.COM) AND A BRACELET BY HERMÈS (HERMES.COM); IMAXTREE (RUNWAY); GETTY IMAGES (PARROT)


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guest list



LIISA WINKLER
Model

THE GIG Toronto-based Winkler looks lovely in patchwork in "In the Mix." **AND YOU ARE?** "I have prosopagnosia, a facial recognition problem. (It's real—Brad Pitt thinks he has it too!) So, if I don't know who you are and I should, please don't be offended!"





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STEVEN KAWALIT
Digital Director

THE GIG The newest addition to ELLE Canada, Torontonian Kawalit works with the editorial team to help serve up our most engaging digital content. **RAVE REVIEWS** "You won't find a harder-working group. Plus, now I know which moisturizers to use and which jumpsuits I should buy my lady."

TOM BACHIK
Nail Artist

THE GIG L.A. local Bachik is responsible for the glam manicure on cover girl Bella Thorne. **HAND(Y)MAN** "After a long day of polishing nails, I need a set of tools in my hands so I can take something apart, put it back together or break something. I love cars, motorcycles, bikes and boards!"





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page 106



JANICE ALIDA
Model

THE GIG The New York-based model, professional baker and vintage enthusiast is nautical but nice in "New Wave." **NATURAL WONDER** "I spend as much time as I can outdoors. (I owe that to growing up in B.C.) If you were to give me a completely free day, I'd go to Central Park and watch the sea lions at the zoo."

LLOYD SIMMONDS
Makeup Artist

THE GIG B.C.-born Simmonds now divides his time between Milan and Paris as YSL Beauté's creative director. He turned models into superheroes for "Pow." **CULTURE VULTURE** "I like to seek out all the great culture Europe has to offer—museums, galleries, theatre and more!" □





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elle letters



THIS MONTH'S BEST

Your March 2015 feminism issue confirmed that my subscription is well worth the investment. The intelligent, thoughtful articles by Vakis Boutsalis ["A Dangerous Game," ELLE Man] and Antonia Zerbisias ["Feminism's Online Renaissance," ELLE Society] particularly resonated with me. It's tempting for young women to write off feminism as irrelevant to them, but my generation fought hard for the rights and privileges they now take for granted. And there's still more work to be done. We do not yet have equal pay, and women are still subjected to prejudices that many men will never experience or completely understand. Thank you, ELLE Canada, for being more than what appears at first glance. **LYNDA DAVIS, MISSISSAUGA, ONT.**

OPEN ARMS



The article about Reyhaneh Jabbari in your March issue ["The Last Page in the Book of My Life," ELLE World] was a potent and stunningly powerful way to close the feminist-themed issue. Fashion is an industry that has the potential to cultivate a feeling of community by reaching through the fashion bubble and supporting all who participate in our world. ELLE Canada sets that tone brilliantly. **MADISON SCHILL, TORONTO**

MIXED REVIEWS

Your March issue was particularly provocative. Its theme? Feminism. That Kate Bosworth thinks feminism "feels exclusive," like some Club Med getaway, and that Meghan Trainor, poor darling, is confused about her identity as a feminist are reasons why feminists everywhere still struggle to protect women's rights across the globe. Happily, many of the other articles were a refreshing counterbalance, such as Antonia Zerbisias' article on the "hashtag revolution," Heather O'Neill's narrative on the value of female friendships and Molly Doan's exploration of workplace politics. **LINDA MORRA, MONTREAL**

#INSPIRATION

Although the fashion pages are inviting, the first feature I turn to for inspiration each month is Stephanie Gilman's column, #lifereboot [ELLE Body]. Her stories about seeking new challenges are admirable in light of her experience as a young cancer survivor. But what I admire most is the lovely writing. Kudos for discovering a new talent. **LEORA EISEN, TORONTO**

IN HER SKIN

I enjoy looking at all the new products advertised in your magazine, but I especially noticed the Diesel ad on pages 30 and 31 of the March 2015 issue. When I saw Chantelle Brown-Young posing, I felt all warm and fuzzy. Chantelle has a skin disorder called vitiligo, and I'm glad that she is out there not hiding her skin but exposing it. She is a beautiful girl and must have all the confidence in the world. I showed my tween daughter the ad; I emphasized the struggles that I'm sure Chantelle had growing up and what she has become. What girl power! **TRACEY I., EMAIL**

TWEET LOVE

@Andrea_K_Karr Absolutely in love with @ELLECanada's #kate bosworth March cover.
@cagoldberglaw Genius piece in @ELLECanada about the digital revolution of feminism by @AntoniaZ, herself an important player.
@granfem @cagoldberg law @deBeauxOs1 @ELLE Canada @AntoniaZ Definitely worth reading—gives women hope and reasons for feminist online presence.
@BellaLemons @ELLECanada The way Bella said my name and username I'm so happy.
@nattiventi @ELLECanada loved Stephanie Gilman's Slow Motion article and all the meditation talk in the April issue.

Send us your letters via email at **ELLELetters@ELLECanada.com** or snail mail at ELLE Canada, 25 Sheppard Ave. W., Suite 100, Toronto, Ont., M2N 6S7. Include your name and address. Letters may be edited. For full contest rules, go to ELLECanada.com/writeandwin.



The writer of the best letter will win a Chloé Eau de Parfum Spray and Perfumed Body Lotion (valued at $158).

Los Angeles, California November 2014



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ELLE STYLE

FASHION NEWS, SHOPPING HITS & RUNWAY TRENDS



VIKTOR & ROLF

TALK OF THE TOWN

When it comes to dressing up, sometimes more is more.



UNDERCOVER

MOSCHINO



JEAN PAUL GAULTIER

EDITOR'S POV Adventure is the new elegance. The spring/summer 2015 runways buzzed with over-the-top outfits: Viktor & Rolf's Couture collection was a floral dreamscape (shown here), Moschino brought Barbie back, haute ballerinas pranced at Undercover and comic-book colours screamed Pow! Whap! Bam! at Jean Paul Gaultier. The message? Let loose! Get noticed! Take it from Coco Chanel: "In order to be irreplaceable, one must always be different."

LISA GUIMOND

IMAXTREE (RUNWAY)





THE NEW REPUBLIC

Marissa Webb's stylish takeover.

Marissa Webb, who launched her own line last year after leaving J.Crew, is bringing her cool-girl style to Banana Republic as its new creative director. She tells us about her first collection, for spring/summer 2015, which lands in stores this month.

What were you most excited about when you joined Banana Republic? "I have fond memories of going shopping with my father at Banana Republic. I was excited to dig in and give it a new voice and personality. Even when you're wearing a button-up, you can still have personality."

What was the starting point for your first collection? "I didn't create a mood board—I got in the car and drove out to the beach to take photographs. The colours came from the sunsets, the beach and the blues of the ocean."

What are the collection's key pieces? "A great transitional item, something you can throw on at night, like the chambray blazer. I also love the violet tunic top. And our men's soft-wash shirts—I personally picked up a lot of those."

What modern icon do you think has the best style? "You're going to think I'm completely crazy, but it's Pharrell! Every time I see him, I think 'I would totally wear that.' I love hats; I have a huge collection. And I own more bow ties than most men."

What have you learned from designing your own line that you're bringing with you to Banana Republic? "It's okay to make mistakes; it's okay to say 'I messed up, but I'm learning from it.' It encourages people to take risks and try something new. It's a journey—we have many things to learn."

LATEST & GREATEST

STYLE SCOOP

What's cool, cutting edge & important.

BATHING BEAUTIES

REBECCA TAYLOR DIVES INTO SWIMWEAR.

Close your eyes. Then picture yourself in Montauk, lounging in a seaside hammock, a Long Island iced tea in hand, the salt air blowing wisps of hair softly across your face. What are you wearing? Now open your eyes: Your swimwear dreams have, at long last, come true—thanks to Rebecca Taylor. This month, the designer brings her preppy-with-a-girlie-twist charm to a capsule collection in collaboration with Geijo. The mix-and-match separates (from $125, rebeccataylor.com) feature playful prints in vivid colours inspired by vintage dresses from the '70s. Are you ready to book your vacation yet? ▷



TEXT BY CHARLOTTE HERROLD

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1. Satisfaction test, 197 women.
2. Satisfaction test, 126 women, 4 weeks.

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CLARINS



OUT OF AFRICA

HOLT RENFREW LAUNCHES ITS SECOND UNCRATE PROJECT.

For spring/summer 2015, Holt Renfrew's H Project—the in-store boutique featuring goods that give back—has transformed into Uncrate Africa, a colourful collection of clothing, accessories, home-decor items and more from the diverse cultures of the continent. (Think beaded Maasai handbags and bold brass jewellery.) The project also includes exclusive designs from Stella Jean and DanniJo, and the proceeds benefit a variety of initiatives in developing communities. What's not to love?



"I was looking at horticulture—the obsessive study of all things botanical—and then the idea of becoming lost in a jungle. I love the idea of something so conservative becoming completely undone."

– Canadian-born, London-based designer Erdem on the inspiration behind his lush and lavish spring/summer 2015 collection



NEW LABEL WE ♥ DESIGN LAB

Meet your new go-to for instant wardrobe updates: Design Lab, a private label launching at Hudson's Bay this season, offers up to 50 new trend-driven style staples per month, making it easier than ever to look like you just stepped off the runway. (Kendall who?) Here's the best part: The majority of pieces, including footwear, are priced at under $100–so, yes, you should get both the printed jumpsuit and the gingham sundress. ☐

TEXT BY CHARLOTTE HERROLD; IMAXTREE (RUNWAY); COURTESY HUDSON'S BAY (DESIGN LAB IMAGES); COURTESY HOLT RENFREW (UNCRATE IMAGES)

JOEFRESH.COM





MICHAEL KORS



4



5



6



Elvis Presley in *Blue Hawaii*

CHANEL



3



2



7



8



9



1

SPOTLIGHT

WILDFLOWERS

Spring florals get a tropical twist in this season's retro take on the perennial It print.

1. Polyester dress, ELLE by RW&CO. ($159.90, rw-co.com). **2.** Satin pumps, Guess ($120, guess.ca). **3.** Leather-trimmed pouch, Alexander McQueen ($370, at ssense.com). **4.** Spandex and cotton swimsuit, H&M ($34.95, hm.com). **5.** Acetate sunglasses, Dolce & Gabbana ($266, at stylebop.com). **6.** Cotton and rubber sneakers, Superga ($130.39, at shop.nordstrom.com). **7.** Cotton and silk scarf, Pierre Hardy ($471.89, at farfetch.com). **8.** Polyester, Lycra and spandex crop top, Clover Canyon ($250, at Holt Renfrew, holtrenfrew.com). **9.** Viscose, cotton and silk skirt, Etro ($1,121, at NET-A-PORTER.com). **10.** Silk shirt, Winners ($149.99, winners.ca).



10

STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (RUNWAY); GETTY IMAGES (E. PRESLEY)

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Source: AC Nielsen, period ending January 10, 2015
** Voted winner eye category by consumers

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Sweet



PRADA



Acetate sunglasses, Miu Miu ($379, at NET-A-PORTER.com)



Metal and plastic earrings, H&M ($9.95, hm.com)



Faux-suede platform sandals, Asos ($82.36, asos.com)

Cotton turtleneck, Joe Fresh ($19, joefresh.com)



Polyester crochet dress, ELLE by RW&CO. ($169.90, rw-co.com)

DOUBLE VISION

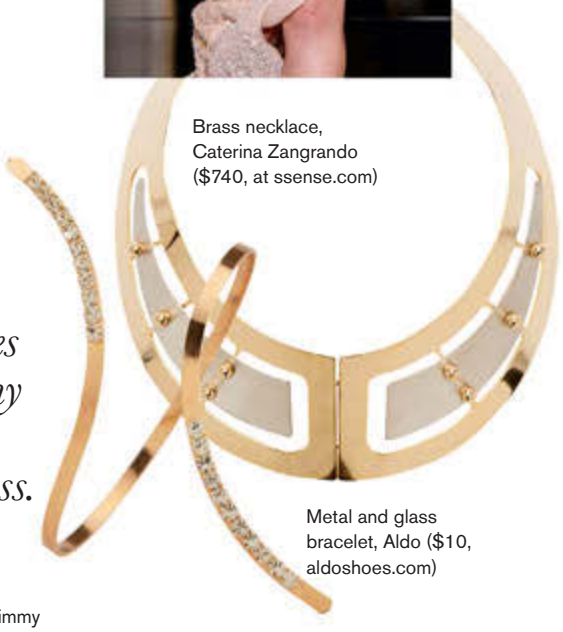
FIRST BLUSH

A neutral lace shift does double duty as a dreamy daywear staple or knockout date-night dress.



VERSACE

Rebellious



Brass necklace, Caterina Zangrando ($740, at ssense.com)

Metal and glass bracelet, Aldo ($10, aldoshoes.com)

Fabric clutch, Jimmy Choo ($913, jimmychoo.com)



Leather platform sandals, Guess ($125, at heels.com)

STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (RUNWAY)



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NINE-TO-FIVE

TRAILBLAZERS

Upgrade your weekday staple with unexpected asymmetrical details.



1. Wool blazer, Givenchy ($2,688.14, at farfetch.com). **2.** Polyester, viscose and elastane blazer, J.Crew ($275, jcrew.com). **3.** Polyester blazer, Zara ($129, zara.com). **4.** Cotton, acetate, viscose and elastane blazer, Altuzarra ($2,310, at Holt Renfrew, holtrenfrew.com). **5.** Wool blazer, Vivienne Westwood Red Label ($1,046, at profilefashion.com). **6.** Acetate and viscose blazer, Richard Nicholl ($1,430, at NET-A-PORTER.com). **7.** Cotton tunic, Gap ($59.95, gapcanada.ca). **8.** Leather mules, Winners ($99, winners.ca). **9.** Polyurethane bag, Sears ($59.99, sears.ca). **10.** Metal bracelet, Banana Republic ($55, bananarepublic.ca). **11.** Rayon, nylon and spandex pants, Joe Fresh ($34, joefresh.com). **12.** Cotton and polyester skirt, H&M ($29.95, hm.com). **13.** Cotton, viscose and elastane dress, Hugo ($273, at Coggles, coggles.com).

STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (RUNWAY)

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Collection from $85

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Wet n Wild Fergie Nail Color in Hollywood Walk of Fame ($4)





Juicy Couture Hollywood Royal Eau de Parfum Spray ($84 for 75 mL). For details, see Shopping Guide.

A DÉTACHER



DIESEL



Anna Sui Lip Stick Vivid in Brilliant Red and Lip Stick Marble in Deep Pink & Maroon Brown and Coral Shell & Pearl White ($29 each)

BEAUTY MOOD

SEEING STARS

Celestial-inspired looks offer a world of possibilities.



TOMMY HILFIGER



Lulu DK Golden I Jewelry Tattoos ($36)



ROBERTO CAVALLI



TOMMY HILFIGER

Glamglow Thirstymud Hydrating Treatment, Youthmud Tinglexfoliate Treatment and Powermud Dualcleanse Treatment ($76 each)



Sephora Formula X Sparklers Nail Color in Made for You, Brilliants Nail Color in Hubba Hubble and Sparklers Nail Color in Love Chemistry and Drawn to You ($16 each)



ANNA SUI

TEXT BY VICTORIA DIPLACIDO; GEOFFREY ROSS (PRODUCTS); IMAXTREE (RUNWAY)


TRISTAN
tristanstyle.com

ISLAND ADVENTURE

For her spring/summer 2015 collection, Italian designer Stella Jean stylishly blended her Haitian heritage with her mid-century sensibilities.

LOVE LETTER

"Haiti is such an incredible country and not just for its colours and prints. The people have an unconditional love for the arts and a pride of their history. If you go to Haiti, you will fall in love and you will leave with tears in your eyes."

PATTERN PLAY

"The print is inspired by *art naïf* paintings that depict typical villages and colours from the amazing Haiti. The art is meant to express the life, nature and spirit of these proud women in their market."



SMOOTH BLEND

"I'm inspired by silhouettes from the '50s. I take typical shapes from that era and conjugate them with wax design motif textiles that are symbolic of my Haitian roots."

MIXMASTER

"The secret to mixing and wearing different patterns is to let your style be guided by a sense of curiosity, experimentation and audacity with a pinch of irony."

Printed cotton skirt ($750, stellajean.it)

FASHION DNA

STYLE AMBASSADOR

Stella Jean redefines the meaning of "fashion statement."

When you meet Stella Jean, you're immediately struck by her energy, intellect and integrity. Her designs—a vibrant blend of patterns, shapes and colours—are equally mesmerizing. The former model turned designer is known for her clever—and often ironic—blending of stylistic, cultural and social references. "Fashion is the most authentic way for me to express and resolve some of the inadequacies I felt being part of a multiracial family in Italy in the '80s," she explained during her visit to Toronto earlier this year. "It was hard for me to find an identity, but fashion gave me space to manoeuvre and find a place where my cultures—Haitian and Italian—could coexist. If we can mix style elements from different cultures with good results, we can definitely embrace this juxtaposition of cultures in real life." ☐

TEXT BY NOREEN FLANAGAN; GEOFFREY ROSS (SKIRT)


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ELLE RADAR

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POWER POSE
As the world prepares to say farewell to *Mad Men* this month, breakout star Kiernan Shipka talks about growing up onscreen, new roles and her love of all things Miu Miu and Acne Studios (page 60).

YOUTH MODE

A new crop of Hollywood starlets are coming into their own.

JUSTIN CAMPBELL

EDITOR'S POV It would be unwise to call the stars of Young Hollywood today "bright young things" because their MO isn't seeking out the flashing lights of L.A. after dark or dressing the part on the red carpet. You see, they're too busy for that. Instead, they just want the space to grow into whomever they choose to become and the freedom to change their minds if they want to—something we should all be asking for, no matter how old we are.

ALIYAH SHAMSHER



PROFILE

Save for her frequent use of the word "awesome," you'd never guess that Kiernan Shipka is 15. Within the first few minutes of our conversation, the actress launches into her love of characters. "Whether it's comedy or drama, characters can be very different; I just hope I get to play an array of different types of people," the *Mad Men* star says matter-of-factly over the phone from her home in L.A. It's not a surprising sentiment from an actress who has been playing the sometimes enigmatic and slightly troubled Sally Draper for most of her life. As co-star Jon Hamm puts it: "She has been on the show longer than she hasn't."

Has playing Sally from the age of six influenced her at all? "We're very different people, but I think she's a great person and someone I'd definitely want to be friends with," says Shipka with a laugh. As *Mad Men* enters its final season this month, Shipka is finding saying goodbye to Sally somewhat bittersweet. "It has been emotional," she says. "This is a character I've known for so long and it's this weird thing of losing something so familiar."

Shipka says that her love of fashion really began on the set of *Mad Men*, but she has been making waves for her thoroughly modern sense of style both on and off the red carpet wearing fashion-favourite brands like Miu Miu, Delpozo, Rag & Bone and Acne Studios. And Shipka continues to head straight into the future: New York's downtown bible *Dazed & Confused* recently voted her number 21 on its Dazed 100 list (alongside fellow teen wunderkinds Tavi Gevinson and Kendall Jenner), and she'll be starring in the upcoming film *Fan Girl*, with Meg Ryan. "It was really fun to play someone so modern and who is living in my generation," she says about the film. "It's a whole new world." ▷

JUSTIN CAMPBELL (K. SHIPKA); PROFILE BY ALIYAH SHAMSHER; HAIKUS BY SARAH LAING

LATEST & GREATEST

HIT LIST

What we're talking about this month.

MOVIES





MAY'S HOTTEST RELEASES AS **HAIKUS**

Saint Laurent
Decade in the life
Of the ultra-glam French designer
Drama, disco, clothes.

Pitch Perfect 2
More a cappella
This time, can the Barden Bellas
Triumph at the Worlds?

Spy
Melissa McCarthy
Avenging her lover Jude Law
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ART

VENICE CALLING





Can't get to Venice? Take home BGL's Canada Pavilion-inspired print, *Canvas* (far left), from the National Gallery of Canada; *Meatballs / Tribute to the Group of Seven* and *Passage Piétonnier* (left), also by BGL.

When the artistic collective BGL—Jasmin Bilodeau, Sébastien Giguère and Nicolas Laverdière—was selected to represent Canada at the 56th Venice Biennale International Art Exhibition this year (from May 9 to November 22), its members felt both shock and awe. "There were really different reactions from all three of us," says Bilodeau. "We were mostly just very surprised. We never thought we'd get that call."

The Quebec City-based trio, who met at Université Laval in 1996 and have been working together ever since, are known for their humorous site-specific installations that call into question our fascination with popular culture. And while they can't reveal their plans for the Canada Pavilion until the opening, they ensure that it won't disappoint. "The viewer has to take pleasure in the work," says Bilodeau. "With any art, if you want to go back to see it the next day, that's a good sign."

OBJECT



WAX POETIC

USE NUMBER 8,976 FOR COCONUT OIL: THE ECO-FRIENDLY WAX BASE FOR AROMATHERAPEUTIC CANDLES HANDMADE BY WOODLOT, A LOCAL-SOURCE-OBSESSED TEAM IN VANCOUVER ($29, SHOPWOODLOT.COM)

MUSIC



STRANGE FRUIT

Not long after the release of Marina and the Diamonds' third album, *Froot*, ELLE Canada sat down with the Welsh electro-pop sensation (who wrote every track, FYI) to parse each word and metaphor of the album's eponymous first single. Here are the (juicy) highlights:

Lyrics: "Froot" (title) Marina: "There's no huge idea behind the spelling! I like the way it looks. Blending in the double 'o' kind of reminded me of taking something natural and something synthetic and incorporating them to create something else."

Lyrics: "I'm your carnal flower, I'm your bloody rose" Marina: "The subject matter of this song is not sex, but I suppose fruit is sexual anyway. I had three friends WhatsApp me when they heard this song and they were like 'Filth!'"

Lyrics: "You're my destiny" Marina: "I don't believe in soulmates, but I do believe in people meeting and it being serendipitous. This is about willing that person into your life, believing that there's someone out there for you."

Lyrics: "Hanging around like a fruit on a tree / Waiting to be picked, come on cut me free" Marina: "This is finally being ready to love someone. Before, I had relationships that I valued, but they always came second to my work." ▷

FOOD

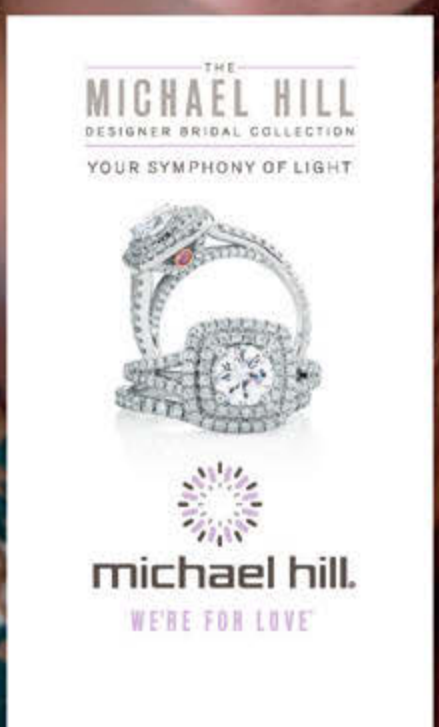
THE NATURAL



Her plant-based recipes have taken her from being a teen bedridden with a debilitating illness to the darling of the vegan blogosphere. Now, Ella Woodward, the 23-year-old Brit behind *Deliciously Ella*, is bringing the accessible cuisine beloved by over 350,000 Instagram followers to your cookbook shelf. Start with the Key Lime Pie. Or maybe the Superfood Crackers? But definitely the Sweet Potato Brownies.

"VENICE CALLING" BY ALIYAH SHAMSHER; "WAX POETIC" "THE NATURAL" & "STRANGE FRUIT" BY SARAH LAING; TONI HAFKENSCHEID ("VENICE CALLING" IMAGES); *CANVAS* (2014), NUMBERED EDITION OF 200, $1,000, AVAILABLE AT THE NATIONAL GALLERY OF CANADA (SHOPNGC.CA)

IF YOU FANTASIZE ABOUT THE SAME GIRL YOU'RE DATING, MARRY HER



SELECTED STORES
MICHAELHILL.CA/DESIGNER



BARELY FAMOUS

One thing Sara and Erin Foster want to make very clear is that their new show is not about them—even though the actress and writer siblings play two sisters who are, well, an actress and a writer filming a reality-TV show about their life in Hollywood. "We have the same names, but that's where the reality ends!" say the L.A.-native sisters.

If anyone is qualified to make a faux-reality-TV show critiquing our obsession with celebrity, it's these two: Daughters of music producer David Foster, their own credits include a role on the rebooted *90210* (Sara) and writing for *The New Normal* (Erin). *Barely Famous* (on VH1 now) is a send-up of what goes on behind the scenes of a reality-TV show in which two G-listers "just want to be famous without really even knowing why," says Sara, 34. (Think *Curb Your Enthusiasm* meets *The Real Housewives*.) "We wanted to play around with showing your life in one way when it's really another way. Our characters try to be cool and look good in front of the camera to make people jealous and then they continue to fall on their faces because they are flawed people, and they do it in front of the camera."

And even if you're not a Kardashian (or a Hilton, or an Osbourne, or a resident of Orange County *circa* 2006), this show has its satirical arrow aimed straight at you and your own carefully constructed reality: "Someone's life on Instagram is not their real life; it's the life they want you to see," says Erin, 32. "You overshoot sometimes to make sure that everyone sees your life a certain way. And I think that sometimes people are so busy documenting their lives to look a certain way that they're not living their fucking lives!"

HOLLYWOOD REALITY HOMEWORK









CHARACTER STUDY SOPHIE TURNER ▸ AGE 19

ROLE Sansa Stark, on the megahit television show *Game of Thrones* (HBO). **BRINGING UP BABY** "At the beginning, I would sometimes think 'Oh, God, Sansa, can you just get up and kick some ass,'" says Turner, who has been playing the kind-hearted and somewhat naive character since she was 15. But, she adds, she has always loved the role. "Sansa believes in this wonderful fairy-tale world; it's nice to have that kind of perspective amid all the danger and terror and depression." **GAME CHANGER** With the fifth season premiering in April, viewers are anticipating a decidedly more mature Sansa. "I've been so lucky to be able to play this vulnerable little girl who transforms into a powerhouse, manipulative woman—I'm excited to see where she can grow from here." **SUPERGIRLS** Part of the show's global success is that it consistently offers some of the most complex female characters on television to date. "I'm obsessed with Cersei [played by Lena Headey]," says Turner. "I think she's the most incredible character to play, and I know her story arc this season will blow people's minds. It's insane!" ☐



"BARELY FAMOUS" BY SARAH LAING; "CHARACTER STUDY" BY ALIYAH SHAMSHER; GETTY IMAGES (S. TURNER)


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Sam Worthington (*Avatar 2*)
Lupita Nyong'o (*Star Wars: Episode VII–The Force Awakens*)
George Clooney (*Tomorrowland*)
David Bowie (*Space Oddity*)*
*Always and forever.



MEET THE MIXOLOGIST

Michael Mooney believes in the extraterrestrial power of the cocktail. "A well-made drink has incredible power over the imbiber," says the native Irishman. That's why he's excited to be part of the new "golden age of the cocktail"–and steering clear of modern travesties like flavoured vodka. "I'm also on the lookout for an interesting mescal on my travels. It's an obsession!"



FUN FACT
Star anise is the fruit of a Chinese evergreen.

COCKTAIL SPOTLIGHT

THE ASTRONOMER

As the saying goes: "Shoot for the moon. Even if you miss, you'll land among the stars," or, if you're really lucky, you'll wind up sipping an out-of-this-world cocktail from Toronto's Geraldine, a joint inspired by bon-vivant New Orleans *circa* 1900. Mixologist Michael Mooney dreamed up this fruity sipper for a wedding, inspired by the heavenly bodies: "Binary stars revolve around each other but from a distance appear as one—kind of like the union of marriage."



WRITTEN IN THE STARS
Grab destiny (a.k.a. your zodiac sign) and tie it around your neck with a bedazzling Brooke Gregson pendant (from $1,741, brookegregson.com).

RECIPE

1 1/2 oz. (44.5 mL) gin
3/4 oz. (22 mL) fresh-squeezed lemon juice
3/4 oz. (22 mL) watermelon and star-anise syrup
5 pink peppercorns
2 sprigs cilantro
1 thin slice fresh watermelon
1 1/2 oz. (44.5 mL) tonic water

Muddle the peppercorns in a shaker tin and then add the gin, syrup, lemon juice and a sprig of cilantro. Shake for 10 seconds. Double strain over ice into a highball glass. Top with tonic water. Garnish with a cilantro sprig and a watermelon slice.



GOLD-STAR WINNER
All-natural Fever-Tree is this mixologist's tonic water of choice (from $3.99, at select grocery stores).



FOOD PAIRING
Mexican. Spice level? Hotter than Mars.

ELLE CANADA

For the watermelon and star-anise syrup, visit **ELLECanada.com/currentissue**.



SMALL SCREEN, BIG UNIVERSE
Contemplate those left behind on planet earth by watching *The Astronaut Wives Club*, an upcoming TV series about the women married to the first space explorers.



ON THE RUNWAY What to wear on your next mini-break to the moon.

TEXT BY SARAH LAING; RYAN SZULC (COCKTAIL); COCKTAIL STYLED BY NANCY MIDWICKI; PROP STYLING BY MADELEINE JOHARI; GLASSWARE COURTESY BYOB; IMAXTREE (RUNWAY)

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RALPH LAUREN

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1.

About face! The most adventurous spring/summer 2015 beauty trends.

2.

Style icons who also kick some serious ass. (Thanks, Lara Croft.)

3.

ELLE Canada's ultimate travel bucket list.

IMAXTREE (RUNWAY); ISTOCK (PALM TREES)

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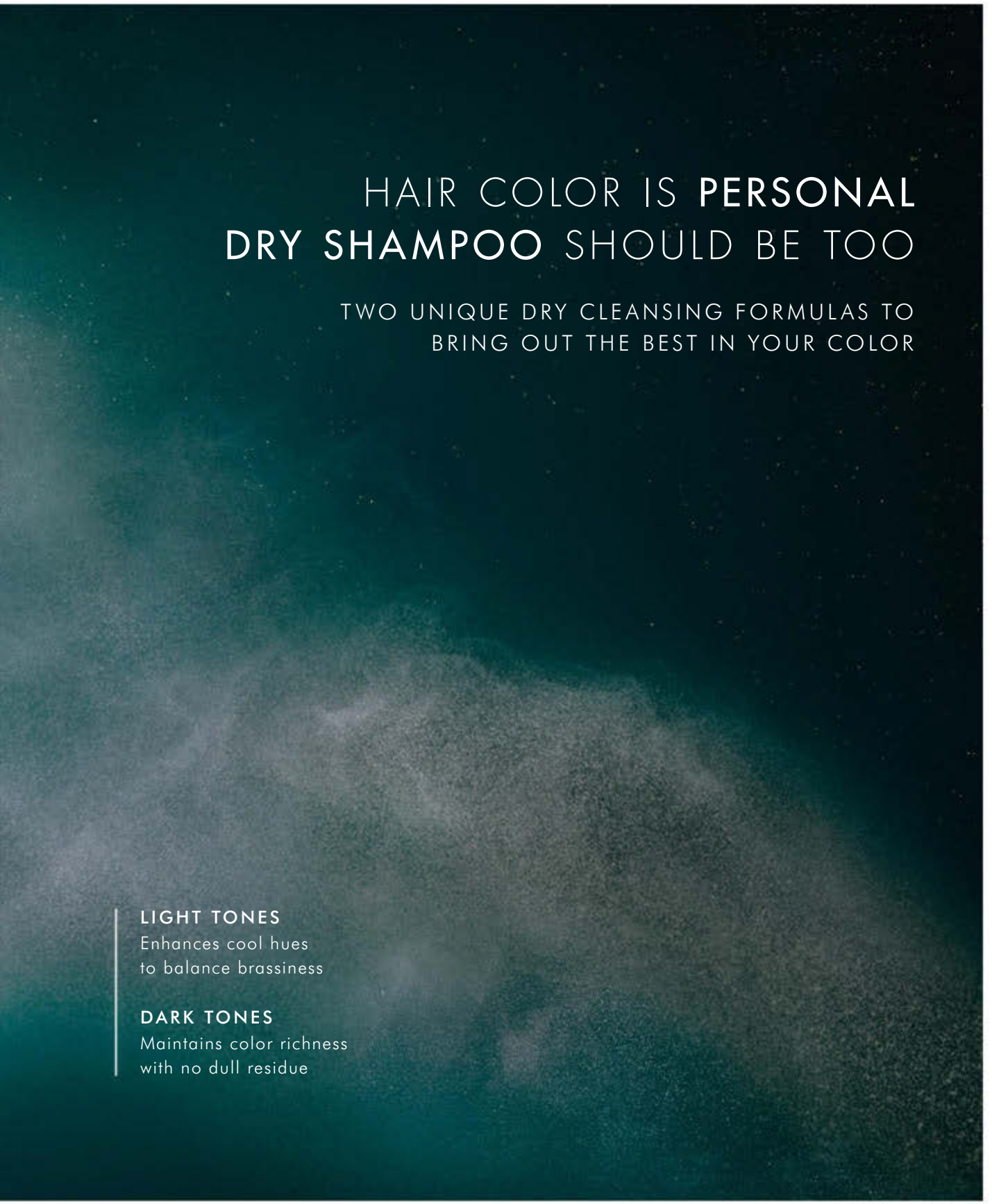
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SHAKE IT UP

BELLA THORNE, HOLLYWOOD'S NEWEST RISING STAR, ISN'T AFRAID TO KEEP IT REAL.

By Aliyah Shamsher Photographs by Max Abadian

When I arrive at Bella Thorne's gated Encino family home in Los Angeles, her friend answers the door (I later learn he's part of her tight-knit "crew" of friends) and two dogs—one very large wolf-husky mix (Voodoo) and one very small teacup Havanese (Kingston)—come barrelling out. Before I have time to ask him his name, he disappears to fetch Thorne as Voodoo and Kingston jump enthusiastically around my feet.

Moments later Thorne appears, a large Jamba Juice in hand, barefaced and dressed in a simple black jersey dress and grey-and-pink fuzzy robe. She gives me a big hug and immediately apologizes for her appearance. She had a late night with friends, she says, an evening that included a Domino's pizza party/fight while they watched a UFC match.

We eventually settle at the kitchen table, which is covered with remnants of the food fight. Voodoo lies down at my feet (I've been informed he thinks he's a cat), while Kingston bounces between my chair and the one next to me, eagerly awaiting pats.

I'm instantly struck by how real this all feels—not "Hollywood real" but hanging-at-your-friend's-house-watching-Netflix real. Thorne's older brother Remy and her best friend, whom she affectionately calls "Bella P.," arrive later and join the conversation, chatting about Hades, their new husky puppy (who spends the rest of the interview lying beside Thorne), and what their plans are for the day. It's all so easy—that is until Remy spots my recorder and says, "Wait, this is being recorded?"

Thorne's unapologetic quest for realness has garnered her almost 10 million diehard fans who follow her every move on Twitter, Instagram and Snapchat. Whether it's movie nights with friends, baking at home with her mom or even during our live cover shoot, this 17-year-old actress isn't interested in manufacturing some imagined version of perfection.

In typical Thorne style, she looks me right in the eye and says: "I'm not a basic B, and I don't just post pretty selfies. But when I post things that are really ugly back to back—I did these car singing videos that are just horrendous—then, yeah, I'll post that selfie, just to remind people that I'm still attractive." Seven minutes in and we can't stop laughing. It's easy to see why so many are obsessed with her.

Thorne says she's thankful to be able to connect with her fans on ▷



Stretch-viscose dress (Emilio Pucci), diamond and white-gold star earrings (Stella Nascente) and diamond and 14-karat-gold star ring (Le Vian)



such a personal level, but the Disney Channel teen star admits that she has her share of haters. "Because I'm from 'the Channel,' everyone expects me to be overly innocent, but I'm very upfront with my teenage fans. They know who I am; I'm just like them," she says. "It's really sad that right now everything you say has to be rude, racist or sexist. Usually I'm just making fun of myself—that's why I opened my public Snapchat. Now I can post what I want without people getting so butt-hurt about it."

Thorne's online followers aren't the only ones who are critical of her life—or fashion choices. "I hate the way the media says 'We just want to see the real Bella; we just want her to be a regular teenager,'" she says. "Well, you're not letting me be that by calling me a slut because I'm wearing high-waisted shorts; you're not letting me when you speculate about what I'm doing at Coachella. Teenagers go to Coachella; teenagers sometimes wear revealing clothes—it's part of growing up and finding out who you are."

At this point, two cats arrive at the table: Louie (she calls him her son: "Oh, my gosh, look how cute my son is!") and May, who stomps across my notepad before leaping off the table. Even with all this realness, I ask her if she's finding it hard to maintain a sense of balance between what she chooses to share with fans and what she would like to keep private. "Everyone goes through phases, and my phase right now is 'I just don't give a....'" She pauses before mouthing the word "fuck." "What I'm about just doesn't work for some people. But if you don't like me, I really don't care." ▷

Silk blouse with integrated scarf (Emanuel Ungaro), cotton skirt (Nicholas K), diamond earrings (Leticia Linton) and diamond and 14-karat-gold star ring and diamond and 18-karat-rose-gold striped ring (Le Vian). All bracelets, Bella's own. Right: Diamond and 14-karat-gold star ring (Le Vian)



WORKING GIRL

40...COMMERCIALS SHOT

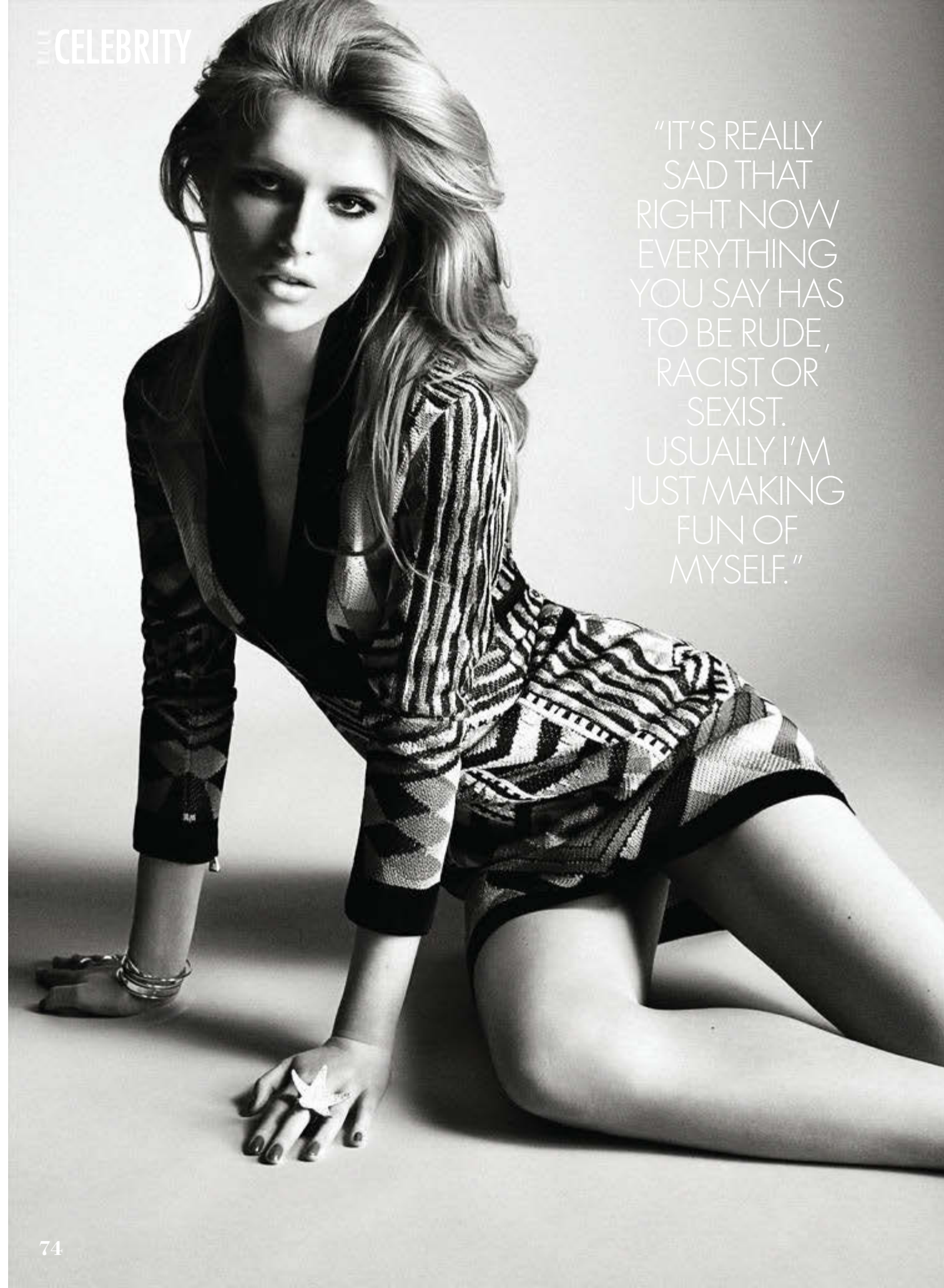
3...SEASONS ON DISNEY'S *SHAKE IT UP*

17...MOVIES FILMED TO DATE

5...FILMS SLATED FOR 2015

1...EP RECORDED

17...CURRENT AGE



"IT'S REALLY SAD THAT RIGHT NOW EVERYTHING YOU SAY HAS TO BE RUDE, RACIST OR SEXIST. USUALLY I'M JUST MAKING FUN OF MYSELF."

Thorne also doesn't care if people take issue with some of the parts she has taken on this year, including playing a mean girl in *The DUFF* and a heroin-addicted dancer in *Perfect High* (slated for release in June). "Honestly, I know some people are going to trash me," she says. "But I'm trying to show everyone what is happening in the world. If you close your eyes and think that bullying and drug abuse are not issues for your kids or your best friend—you're wrong. I want to show that good people do bad things too. I know I'm going to get a bunch of hate, but let them hate. I'm not a bad person for choosing a role that shows people how life is."

Thorne has often spoken of her own experience with being bullied when she was a young girl, so it's rather ironic that she was cast to play the character who torments the DUFF (a.k.a. Designated Ugly Fat Friend) in the film. "I stopped going to regular school in third grade and have been home-schooled ever since," she recalls. "My first language is Spanish, but I had to drop it to learn English. People just called me 'the pretty dumb girl,' and I would literally walk home crying every day. When I was offered the role in *The DUFF*, I actually wasn't going to take it because I didn't want to be typecast as 'the mean girl.' But *The DUFF* is such a great story, and I love the message behind it."

The subject matter in *Perfect High*, which was filmed on location in Victoria, B.C., also resonated deeply with Thorne. "You're not a bad person because you get locked into something stupid," she says. "My character gets caught up in this world because of something she loves [dancing] more than anything." She says she was nervous about taking on the role because she didn't know anything about drugs and was worried the film wouldn't be authentic. "Playing someone who is addicted and being in those scenes was surreal. It made me feel like I was hungry for...something," she says and then pauses. "That is scary."

She credits the director, Vanessa Parise, with helping her understand the emotions her character feels. She encouraged Thorne to explore some of the pain she was hiding deep down. "Some directors say 'Pretend like someone just gave you a great sports car!' And you're like, 'Has anyone ever given you a great sports car? Because I'm not really sure what that feels like,'" she says. "We talked to a lot of heroin users; I even Skyped with a few. In the end, it was actually nice to feel that pain and what these characters are caught up in."

Thorne undoubtedly drew upon her own experience with loss—her father was killed in a car accident when she was 10. She is clearly still grappling with this profound grief, a subject she explores in her three-part book series for Random House. (The first, *Autumn Falls*, was released late last year.) The story centres around Autumn, a teenage redhead who is dealing with the death of her father. Autumn suffers from dyslexia, as does Thorne. *Seventeen* magazine describes Autumn as a "lovable klutz," but Thorne takes a different view. "Actually, people ask me why I made Autumn so unlikeable in some parts," she says. "But if you've never felt that kind of pain, you don't know what it's like. Like I said, there is darkness and light in everyone; if you don't like Autumn, you don't like yourself. Because one day you'll get to that dark place, and it's not easy."

Autumn does find happiness again—with the help of a magic journal that grants any wish she writes in it. It's a touch of whimsical realism that captures Thorne's own optimistic outlook. "Life is magical and special," she exclaims. "You may not believe that a book can grant you wishes, but I believe that if you want something strong enough, it can happen."



Viscose dress (Balmain at Saks Fifth Avenue Beverly Hills), diamond and white-gold star ring (Stella Nascente), diamond and 18-karat-gold-wire "Tiffany T" bracelet (Tiffany & Co.), diamond and 18-karat-yellow-gold "Love" bracelet (Cartier) and leather shoes (Diesel Black Gold). Other bracelets and rings, Bella's own. For details, see Shopping Guide. Stylist, Juliana Schiavinatto (P1M.ca); hair, John D (starworksartists.com); makeup, Melanie Inglessis (Forward Artists/Neutrogena); manicure, Tom Bachik (L'Oréal Paris); art direction, Brittany Eccles

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MAKE *waves*

MEET TORONTO BLOGGER DEANNE WILDER OF MY FASH AVENUE. SHE TRIES ONE OF THE HOT NEW LOOKS THIS YEAR – WAVY HAIR – AND SHOWS US THREE WAYS TO WEAR IT.



MAKE A STATEMENT
This look needs just one high-impact piece like this semi-precious crystal necklace.



Deanne Wilder is a busy woman. She balances her life between her job and as the editor of her fashion blog, My Fash Avenue.

"I've always been a fan of fashion but I never really had the confidence to try new trends until I started my blog, My Fash Avenue," she says. "It gave me the confidence I never had before. I see it as a place where I can express my own personal taste in fashion without any restrictions."

As part of her blog, it's not unusual for Deanne to go to three events in a day and she needs different looks for all occasions. That's why she's testing one of the hot new looks this year – wavy hair. NEW TRESemmé Perfectly (un)Done Waves™ collection showcases the wavy look with three styles – Boho, Hollywood and Beach.

These looks will take Deanne through her summer plans. "This summer, I am hoping to see Italy. I also want to do a week's vacation in Mexico and a few road trips to the southern states." With such a hectic schedule, she needs her hair to not only look good but it has to last all day, all night, and remain gorgeous.

Her summer plans also include adding some new items to her wardrobe. "The hot items I need in my closet are prints, a trouser suit, and a long bohemian-style dress." So while Deanne gets the clothes, TRESemmé gives her three looks that will complement her outfits and take her through her hot summer plans.



DOUBLE-DUTY DAZZLE
Let your clutch do double-duty as a bag and a stand-out piece of jewellery.



SUSANA HONG

One of Canada's top hair and makeup artists, Susana Hong has worked with celebrities such as Jared Leto, Nicole Richie and Katy Perry. As TRESemmé Canada's lead stylist, she has worked backstage at top shows during Mercedes-Benz Fashion Week. Her work has appeared in ELLE Canada, Fashion, Flare, Glow and in advertising campaigns for Holt Renfrew and Hudson's Bay.

THE HOLLYWOOD WAVE



This look is a new take on the classic Hollywood wave. It pairs perfectly undone waves with a sleek suit or jumpsuit for the on-trend seventies look. Add mystery with winged eyeliner, softly flushed skin and a classic red lip. For Deanne, it's the perfect outfit for a romantic dinner in Italy, a gala or a cocktail party after work. "I love this look. I can see wearing this anywhere that needs a dressy, polished style."

STEP 1 Apply TRESemmé Perfectly (un)Done Waves™ Sea Foam to wet hair from roots to tips. Blow dry with a round brush for volume and lift.

STEP 2 Create a deep side part. Using a curling iron, curl sections of hair parallel to your part. Let curls fall into your palm, let cool then hold in place with pin curl clips.

STEP 3 Once hair is fully cool, gently loosen waves using a wide tooth comb. For touchable control, set with TRESemmé Perfectly (un)Done Waves™ Ultra Brushable Hairspray.



SUSANA'S TIP

THE CRUCIAL THING IS TO CREATE VOLUME FOR THIS LOOK. TO DO THAT, AFTER STEP 1, TAKE EACH SECTION OF HAIR, HOLD UP AND BRUSH UPWARD AWAY FROM THE ROOTS TO CREATE THAT VOLUME AND SMOOTHNESS.

ADVERTISEMENT





NEUTRAL RULES
Keep accessories neutral so they don't clash with the boho print on your dress.



THE BOHO WAVE

With boho waves, your hair will look great through the day (and night) as you hit the patio with your friends, or as Deanne plans, to go to all the summer music festivals. Complement the look with a favourite print dress, a soft smoky eye (try using a pinky bronze) and fresh, natural skin.

STEP 1 Work TRESemmé Perfectly (un)Done Waves™ Sea Foam through damp hair.

STEP 2 For added volume, flip hair over and dry on high heat. Then using a curling iron, wrap the hair around the barrel vertically from root to end, alternating the direction of your curls.

STEP 3 To loosen and separate, run fingers through waves and finish with TRESemmé Perfectly (un)Done Waves™ Ultra Brushable Hairspray for long-lasting control and hold. If you need to touch up during the day, just spritz to tame any rogue flyaways.

SUSANA'S TIP

IF YOU ARE IN A RUSH, I'D RECOMMEND APPLYING THE SEA FOAM AND CURLING THE VISIBLE AREAS WHICH USUALLY MEANS THE TOP LAYER OF HAIR.

THE BEACH WAVE



Easy and breezy, the beach is the ultimate in relaxation but that's no reason not to look good. "I can see myself wearing this look in Mexico," says Deanne. It's easy to achieve – no heat styling necessary – and you don't have to be on a beach to get this look.

Recapture the memories of your last beach vacation with these casual, textured waves, the crispness of white and the softness of broken-in denim shorts. All you'll need is a soft wash of colour on the eyelids and a tinted lip balm – with SPF, of course.

STEP 1 Apply TRESemmé Perfectly (un)Done Waves™ Sea Salt Spray through damp hair.

STEP 2 For naturally wavy hair, just scrunch and air-dry or diffuse. For straight hair, roughly blow dry hair and add loose wave texture by wrapping your hair around your straightening iron.

STEP 3 Brush with a wide tooth comb and mist your hair with TRESemmé Perfectly (un)Done Waves™ Ultra Brushable Hairspray.

"THIS IS MY FAVOURITE LOOK! IT'S AN EASY, FUN AND CASUAL STYLE."



SUSANA'S TIP

THIS IS THE EASIEST LOOK. FOR DAY TWO, ALL DEANNE HAS TO DO IS SPRAY SOME OF THE SEA SALT, SCRUNCH, LET IT AIR DRY AND GO. YOU CAN DRY ON A COOL SETTING BUT AIR DRYING WILL GIVE YOU THE BEST TEXTURE.







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elle first

I WAS THE TYPE OF KID WHO MEMORIZED ENCYCLOPEDIA ENTRIES. BY AGE SEVEN, I WOULD INFORM ANYONE WITHIN HEARING DISTANCE—MY MOTHER, TEACHERS, STRANGERS ON THE SUBWAY—OF RECENTLY GLEANED TIDBITS, INCLUDING THE LATIN NAME OF THE GREAT WHITE SHARK (*CARCHARODON CARCHARIAS*), THE DATE OF THE JURASSIC PERIOD (150+ MILLION YEARS AGO) AND THE DANGERS OF MESSING WITH A MOZAMBIQUE SPITTING COBRA (INSTANT BLINDNESS).

Every Christmas morning brought ever fatter tomes beneath the tree—books on dinosaurs, minerals, ancient Egypt. Their subject matter may have varied wildly, but they were all crammed with clean, hard facts. Back then, storytelling existed for me solely in the realm of movies, most of which I saw at the nearby air-force base, which screened a bizarre mix of horror, kung-fu and concert films on Friday nights. Even my first attempts at writing fiction—adventure stories penned in school notebooks—were really film outlines: short on description and heavy on action and exclamation-point-ridden dialogue.

All of that changed the summer I turned 13. My best friend Ernie's family invited me to spend 10 days at their Georgian Bay cottage, a tiny palace of wood panelling, shag carpets and a black-and-white TV that picked up one channel. I packed a few *Ripley's Believe It or Not!* compendiums to supplement our daily rounds of fishing, swimming and heavily contested games of euchre, but I knew I'd need a backup book, especially if it rained.

What to bring? I headed to the local Coles bookstore, five-dollar allowance in hand, to buy my first novel. Since I loved scary movies, I hit the horror section first.

The rows of lurid book covers adorned with misshapen monsters, crumbling mansions and blood-dripping knives looked promising, but I kept returning to a paperback displaying a single faceless boy, the image no bigger than a silver dollar, against a simple grey-and-black background.

The novel was *The Shining*, by Stephen King, and because it was the late 1970s, it was still possible to not recognize his name. The novel's plot—about Danny, a psychic ▷

Each month, we ask a Canadian novelist to share a story about a significant "first" in his or her life. James Grainger chose to write about the first time he bought a book and how it changed his life. His debut novel, *Harmless*, is out this month.

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boy trapped with his family in a haunted snowbound hotel—immediately tweaked my imagination, maybe because my father, like Danny's, worked in a hotel.

Two days into our trip, the rain came down and out came *The Shining*. Ernie, an avid non-reader, hit the sack early in anticipation of the next morning's fishing expedition. As the rain pattered on the low roof, I opened the book and perused the pages of rave reviews: The *Chattanooga Times*' "THE SHINING WILL CURL YOUR HAIR AND CHILL YOUR BLOOD" sounded especially promising in the days of perms and feathered bangs. I was ready.

But the novel's opening line didn't match the hype: "Jack Torrance thought: *Officious little prick*."

Jack Torrance thought? "Who cares what he thought?" I muttered. "What did he *do*?" I read on, waiting for the first appearance of a ghost or Jack's psychically gifted son, but the opening chapter focused exclusively on Jack's interview with the Overlook Hotel's "officious little prick" manager and his toady assistant.

I can't say my blood was chilled, but I was curious about Jack Torrance. Why was he so desperate to land the position of hotel caretaker, a dreary job that would strand him and his family 40 miles from the nearest town for the entire winter? He was obviously smarter than the men interviewing him, yet—nasty private thoughts notwithstanding—here he was sucking up to them. There were also hints about Jack's past struggles with alcoholism, his failed teaching career and some intriguing backstory about a former caretaker who'd murdered his family.

The sense of menace grew as the novel introduced Jack's wife, Wendy, and five-year-old son, Danny, who was plagued by terrifying premonitions about the Overlook, delivered via an imaginary friend named Tony who lived in the boy's throat. Wendy's fears were more earthly: She wanted to keep her husband sober and protect her emotionally damaged son from Jack's rage.

By the time the ghosts appeared and Jack began his rapid descent into madness, I was so absorbed that I didn't notice that the rain had stopped and Ernie's parents were fast asleep—which meant I had to brave the dark hallway to the bathroom.

That night, *The Shining* scared me silly. But for all of the novel's Gothic trappings, its power lies in its evocation of the believably dysfunctional Torrances, a family literally haunted by the past—their own and the hotel's. I was starting to see what the novel can do better than any film or TV show: illuminate, in rich, believable detail, a character's private thoughts, memories, fantasies and fears.

BUT, LIKE JACK, MY FATHER HAD LOST HIS WAY.

The Torrances were my introduction to the drama of the inner life, and I couldn't have asked for more fitting guides. The surface similarities between their situation and my family's were striking. Until I was seven, my father had worked as a head waiter at Toronto's Royal York Hotel—one of the largest and grandest hotels in the British Empire when it was built in 1929. I remembered the staff Christmas parties in the hotel's palatial Imperial Room and my father's stories of serving such luminaries as Robert F. Kennedy and the shah of Iran.

But, like Jack, my father had lost his way. He was smart, charismatic and funny, but some deep, unarticulated wound and grievance against the world had driven him to domestic violence, gambling and alcoholism, a masculine code of silence imprisoning him in a cage of anger and guilt. He quit his job at the Royal York and became sporadically employed, and my brother and I came to dread the sound of his key in the door of our apartment late at night.

It was as if King had inserted my father into a ghost story and given him a new name. And if my dad was Jack, my mother was Wendy, his long-suffering but enabling wife who endured her husband's abuse in a vain attempt to keep her family together.

This left my brother and I as the sibling versions of Danny, the gifted boy who sees the domestic catastrophe coming but can do nothing to stop it. The "shining," Danny's supernatural psychic vision, is a brilliant metaphor for the hyper-intuition of children living in homes haunted by alcoholism and abuse, their senses attuned to every change in the family's emotional atmosphere.

Not that I made most of these connections at the time—even King, now a recovered alcoholic, says he was the last person to realize he was writing about himself in *The Shining*—but that powerful identification with the characters was life altering. I put down the novel with a new sense of mission: I wanted to be a novelist—to create worlds as rich as the terrifying but familiar world King had evoked in my imagination.

I kept that adolescent vow, enduring the years of false starts, bad writing and rejection before publishing my first work of fiction, a collection of short stories, 10 years ago. There are no haunted hotels in my work, but versions of Jack Torrance—damaged charmers flirting with the dangerous ghosts of the past—haunt the pages of everything I write. ❑

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THE FIRST STOP ON YOUR WORLD TOUR IS...

START HERE



B.C.'s super-posh Clayoquot Wilderness Resort—to spend your nights heli-glamping and your days paddle-boarding on remote mountain lakes.



Rabat, Morocco—to wander the Musée Mohammed VI d'Art Moderne et Contemporain, the country's newest and coolest cultural outpost.



Singapore—to crash the private parties (with fireworks!) at the Supertree Grove during the city-state's year-long 50th-birthday celebrations.

THE SUMMER BLOCKBUSTER YOU'RE MOST EXCITED ABOUT...



Far From the Madding Crowd
Carey Mulligan, in Victorian-era dress, falls in love in the sweeping English countryside.



Mad Max: Fury Road
Charlize Theron and the tormented Max cross a desert to find salvation.



Paper Towns
Cara Delevingne makes her big-ticket-movie debut. Do you really need to know more?

THE MODEL YOU MOST WANT TO TRADE CLOSETS WITH...



GIGI HADID



BEHATI PRINSLOO



KENDALL JENNER

IF YOUR LIFE WERE A SONG TITLE, IT WOULD BE...







1. "Style," Taylor Swift

2. "FourFiveSeconds," Rihanna, Kanye, Paul McCartney

3. "Uptown Funk," Bruno Mars

TEXT BY CHRISTINA REYNOLDS & ALIYAH SHAMSHER; ERWIN SOO (SINGAPORE); GETTY IMAGES (RIHANNA, L. NYONG'O, K. KARDASHIAN, E. WATSON, D. BARRYMORE, A. JOLIE, PARROTS, PINEAPPLES, PINEAPPLE SLICES, MANGOES, COCONUT, DRAGON FRUIT, CRAB, BUTTERFLIES, CROCODILE DUNDEE, KANGAROO SIGN, POPCORN, 3-D GLASSES, MOVIE TICKETS, FROG, BANANAS, LOVEBIRDS, KOALA, PALM LEAVES, PALM TREE, PAPAYA & FLOWERS); ISTOCK (ZEBRAS, GAZELLES, RHINOCEROS, GIRAFFE); IMAXTREE (RUNWAY)

THE QUOTE THAT BEST SUMS UP YOUR LIFE PHILOSOPHY...



"I identify much more with being a warrior, a fighter. If I was going to be a princess, I'd be a warrior princess."
– Emma Watson



"If you're going to be alive and on this planet, you have to, like, suck the marrow out of every day and get the most out of it."
– Drew Barrymore



"Anytime I feel lost, I pull out a map and stare until I have reminded myself that life is a giant adventure—so much to do, to see."
– Angelina Jolie





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THE RUNWAY BEAUTY LOOK YOU'D MOST LIKELY TRY...

DOLCE & GABBANA



Red lips. Sleek chignon with centre part. This is just your day look.

MARNI



Dewy skin. Full-bodied brows. You're ready to go.





YOUR GO-TO SHOE...





Gladiator stilettoes. "Athena" leather sandals, Paul Andrew ($2,547, at NET-A-PORTER.com).

Flat espadrilles. Leather and jute slingbacks, Proenza Schouler ($388, at NET-A-PORTER.com).



Pointy-toed pumps. Snakeskin and suede heels, Brian Atwood ($795, at ssense.com).



YOUR ADVENTURE STYLE IS....



THE STYLE TREKKER

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THE NEW GLAMAZON

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EXPLORE YOUR ADVENTURE STYLE


HAYLEY ELSAESSER

FASHION: DARE TO WEAR

Three on-the-rise fashion labels for every type of style adventurer.



HAYLEY ELSAESSER Front-row guests at Hayley Elsaesser's cheeky spring/summer 2015 show couldn't whip out their phones fast enough to snap the Toronto-based designer's bold pop-culture-inspired prints, sequined dresses and graphic accessories. Why? Because her collection is that over-the-top.



FEMME D'ARMES NYC-based sisters Fannie Chan and Connie Majoros embarked on a one-of-a-kind adventure when they decided to say goodbye to their respective styling and finance careers and start a fashion label in 2010. Their spring/summer 2015 collection references Las Vegas and the Nevada desert.



TOME Designers Ramon Martin and Ryan Lobo were influenced by India, specifically two female artists: Rukmin Devi, a classical dancer, and contemporary photographer Dayanita Singh. The vibrancy and energy of their art is translated into elegant saffron, marigold and pink statement pieces.

BEAUTY: DEFY CONVENTION



1. SERENITY NOW Find a moment of calm with this lavender- and clary-sage-infused oil. Aveda Stress-Fix Composition Oil ($39). **2. SUPERFLY** Rose and Calabrian bergamot are blended with white pepper and cashmere wood for an unconventional unisex fragrance. Jeremy Scott for Adidas Originals Eau de Toilette Spray ($90 for 75 mL). **3. SMOKED OUT** No self-respecting glamour girl leaves the house without the tools for a smoky eye. Who knows where the day might take her? Tom Ford Eye Color Duo in Crushed Indigo ($65). For details, see Shopping Guide.

TALES FROM AN ADVENTURESS

Carol Devine on the push and pull of an intrepid life.

Adventures stretch us and make us grow—especially when things go awry. When I led a group of eco volunteers to Antarctica, our ship was seized by customs agents in Argentina. It was stressful, but it was also an opportunity to vastly improve my negotiation skills. When we eventually set sail, anticipation for the journey ahead quickly made our disappointment about the delay float away.

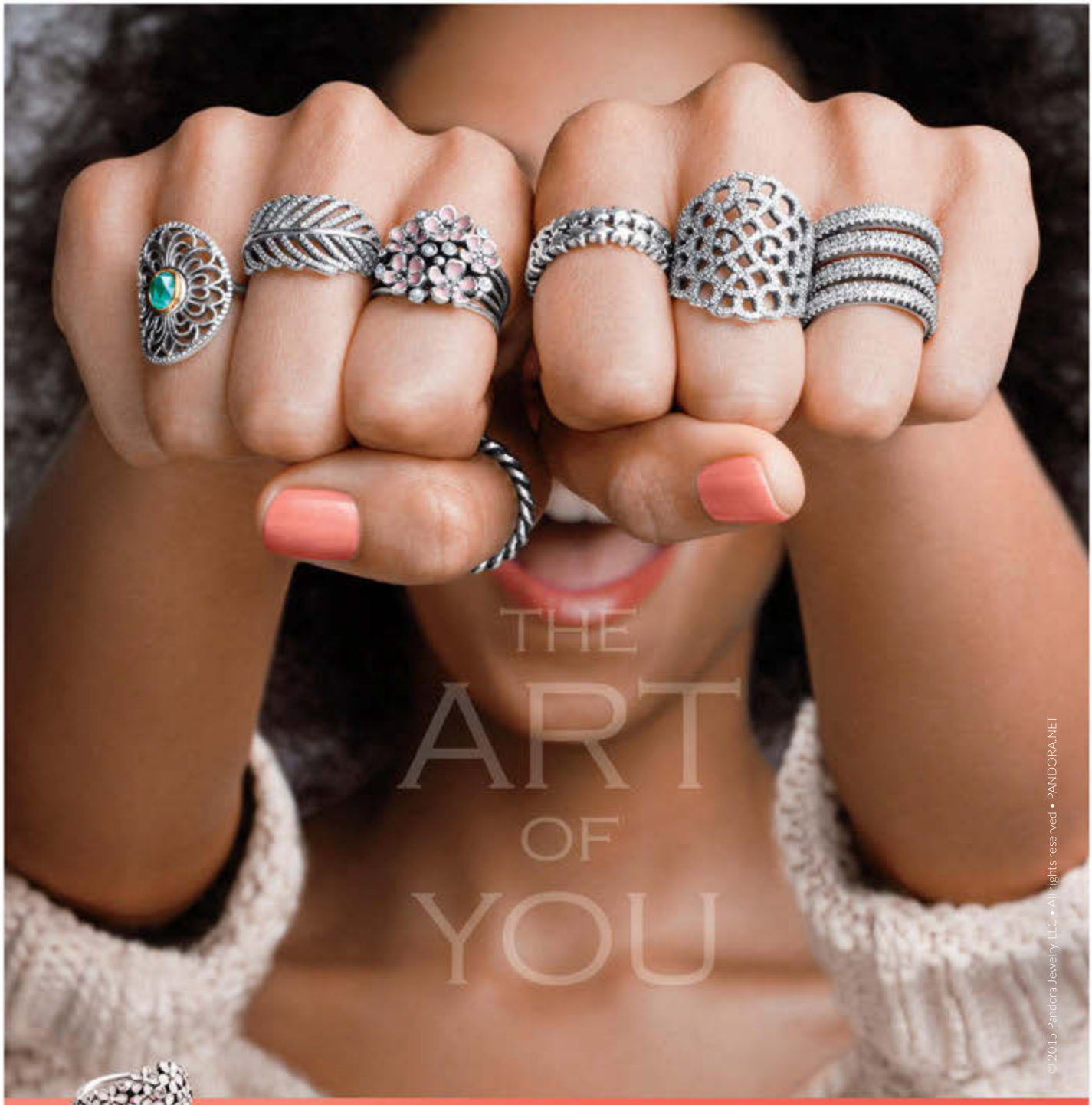
Since I'm an explorer, a humanitarian and an activist, adventure is my way of being. I define it as trying new things—from glacier hiking to the meditation class I took despite my dread of sitting still. It's asking questions and taking calculated risks. It's mixing pleasure with discomfort to enrich one's life.

My mom is one of my adventure role models. She left Ontario to teach in Japan in the 1960s, when few Westerners lived there. She escaped partly to heal her heart. When she returned to Canada two years later, the beloved ex-boyfriend who had broken her heart asked her to marry him. It was my dad. She taught me that adventuring can have unexpected effects.

Growing up, I was inspired by stories of women resistance fighters in the Second World War and early explorers, particularly 18th-century botanist Jeanne Baret, who posed as a male sailor to become the first woman in the Antarctic territories and to circumnavigate the globe, and Belgian-French explorer Alexandra David-Néel, who dressed as a beggar to travel into Tibet in 1924, when it was forbidden. Today, female explorers can do anything men can do—although we sometimes still need to push gender barriers. (And while we can wear anything we want when adventuring, we still must consider both the art and science of dressing appropriately for different cultures and climates.) ▷

TEXT BY VICTORIA DIPLACIDO, CHARLOTTE HERROLD & SARAH THOMPSON; ADAM MOCO (HAYLEY ELSAESSER); GEOFFREY ROSS (PRODUCTS)

★ The Style Trekker ★ The OTT Warrior ★ The New Glamazon



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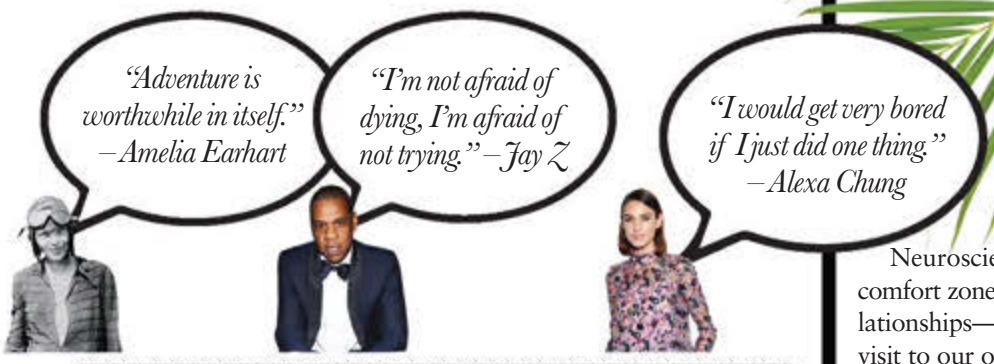


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MUSIC: LISTEN UP

The "hiking to see the silverbacks in Uganda" playlist:



1. "She's Strong," Harrison, feat. Maddee
2. "Full Circle," George FitzGerald
3. "The Climb," Miley Cyrus

The "drinking vodka in Ibiza with Russian socialites you just met" playlist:



1. "Karaoke," Smallpools
2. "Emily," San Fermin
3. "It's My Life," Bon Jovi

The "floating in the Mediterranean on Leo's yacht" playlist:



1. "101," Portico
2. "Chess," Petite Noir
3. "When You Believe," Mariah Carey & Whitney Houston



FOOD: TRY AN EDIBLE EXPEDITION

Just what does one eat while on an adventure to clean up garbage on the Antarctic Peninsula? All sorts of savoury dishes, like asparagus pâté and Ukrainian cabbage rolls, according to Wendy Trusler and Carol Devine's memoir/cookbook/travelogue, *The Antarctic Book of Cooking and Cleaning*. The recipes were collected from fellow bottom-of-the-world visitors and tested in a makeshift Antarctic kitchen. Here's the book's easiest recipe–Sea Cabbage (Laminaria) Salad–if you have access to kelp! **1.** Collect living kelp.* **2.** Clean with fresh water. **3.** Cut. **4.** Add onion, garlic, mayo.



* Trusler suggests you "round out the textures with lots of red cabbage" and urges you to find sustainable seaweed. (Collecting kelp or disrupting any wildlife is banned in Antarctica.)

Neuroscience shows that leaving our comfort zone nourishes our brains and relationships—and anchors us for our next visit to our own outer limits. Switching a route to work is beneficial, as is bumping up against different people and ideas. According to researchers, our brain connections need to be stretched to promote continued learning, especially as we age.

Fortunately, we have an innate tendency to seek new experiences. According to a University College London study, there might even be an evolutionary advantage to sampling the unknown. The study found that the brain's ventral striatum, a reward centre, activates when we choose unfamiliar options or take a chance and likely triggers a dopamine release.

I get a certain feeling—an inner pang, or butterflies—when an opportunity comes up that simultaneously frightens and excites me. Some people expand their comfort zones more easily than others, but studies show that trekking to the edge of our own experience gives us confidence and perspective.

For me, the best adventures mix contribution and collaboration. I took a job as a field worker (and later as program director) for Médecins Sans Frontières because I believe everyone should have medical care. Before I left on my mission to Rwanda in 1996, I sought advice for managing difficult situations. During a pre-departure course, a doctor who was heading to Bosnia assured me that the odds we'd both return home safely were excellent. I still value her wisdom on how to balance fear and fearlessness. We should embrace opportunities like this by preparing, being alert and mitigating risks instead of clinging to the "sameness" that can deter us from discovering our unique selves. Rwanda shaped me. I witnessed the impact of heinous crimes against humanity but also learned about courage and resilience.

Not all expeditions need to be quite this extreme or far-flung—there's a huge range of "voluntourism" opportunities out there that can provide a smaller dose of purposeful adventures. I'm thrilled about ▷

TEXT BY SARAH LAING & CHRISTINA REYNOLDS; GETTY IMAGES (A. EARHART, JAY Z, A. CHUNG; SEAWEED, ONION, GARLIC & MAYONNAISE); GEOFFREY ROSS (BOOK). RECIPE FROM *THE ANTARCTIC BOOK OF COOKING AND CLEANING* BY WENDY TRUSLER & CAROL DEVINE ©2015. PUBLISHED BY HARPERCOLLINS. ALL RIGHTS RESERVED.

If you're thinking about lunch, it's time to rethink your breakfast.



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★ BODY: PUMP IT UP

If you want to look like Elle Macpherson or Rosie Huntington-Whiteley, you need to go to the source. Celebrity trainer James Duigan's Bodyism system is the stuff of lean-body legend: an eat-clean, exercise-smart method that leaves your rear end so toned you can rest your (chlorophyll-spiked) water bottle on top of it. The Body Oracle assessment at the HQ in London's Bulgari Hotel covers alignment, limb length and body-fat measurement (bodyism.com).

BOOKS: TAKE A LITERARY JOURNEY



***THE FISHERMEN* BY CHIGOZIE OBIOMA**

A powerful story (with echoes of Cain and Abel's sibling drama) about self-fulfilling prophesies and everyday magic told through the lives of boys born on the banks of an African river.



***DAYDREAMS OF ANGELS* BY HEATHER O'NEILL**

A collection of quirky short stories about everything from the secret lives of dolls to a grandfather's tales of a (short) trip to heaven and why Jesus probably didn't have friends in kindergarten.



***THE MEMORY PAINTER* BY GWENDOLYN WOMACK**

A time-travel tale, stylishly told, about the tempestuous love affair between an artist and a neuroscientist on the verge of discovering oneof the universe's greatest truths.



★ TECH: FIND LOVE (IN A HOPELESS PLACE)

Tired of swiping left and right to find the one? The new dating app Siren (siren.mobi) is looking to put a little spontaneity back into online dating. Users answer questions of the day to spark conversation, and women can control their visibility completely—so you decide whether you want to broadcast to the world that you're up for spur-of-the-moment margaritas or just want to chat one-on-one.

the growing trend of "microadventuring," which British adventurer and author Alastair Humphreys is popularizing as a way to encourage people to get outside and into the wild—however you define that. He describes a microadventure as "close to home, cheap, simple, short and yet very effective." These free or low-cost outings could include going on an urban hike in your city or to a place near your home that you've never been. In geographer Alastair Bonnett's book *Unruly Places: Lost Spaces, Secret Cities and Other Inscrutable Geographies*, he writes about braving several lanes of traffic to explore the isolated patch of grass in a traffic island in Newcastle, England, that he passes during his daily commute.

I made adventuring affordable by making it my work—I've co-written a book about my Antarctic cleanup trip (see "Food: Try an Edible Expedition"), and I'm now a strategic adviser for the Museum of AIDS in Africa. When I had kids, my wanderlust didn't disappear. While I wasn't up for trips to conflict zones, I started doing research, writing and exploring at closer range, as well as some short-term jobs in Africa and South America. I still yearned to try new things and meet new people. So, with a friend, I did a fundraising "dare" to try nine new sports. This introduced me to "subcultures" in my own city, such as speed skating and acrobatics using aerial silks. I learned the hard way—and with great humility—that I'm better at archery than aerials. And I discovered you can take archery lessons in a beautiful historic barn at Casa Loma in Toronto. Who knew?

I also believe that nature is a tonic. We are living on a fragile planet in an age of disequilibrium. Numerous studies have found that there are mental and physical ▷

FILM: DITCH CLASS LIKE FERRIS OR TAKE ON DINOSAURS


Jurassic World



Ferris Bueller's Day Off


Back to the Future


Wild


Adventures in Babysitting


Thelma & Louise

TEXT BY VANESSA CRAFT, SARAH LAING & ALIYAH SHAMSHER; GETTY IMAGES (DUMBBELL, KETTLEBELL, JUMP ROPE & PALM LEAVES)

FIGHT OFF THAT

"I'll have one...okay, maybe two"

HUNGER

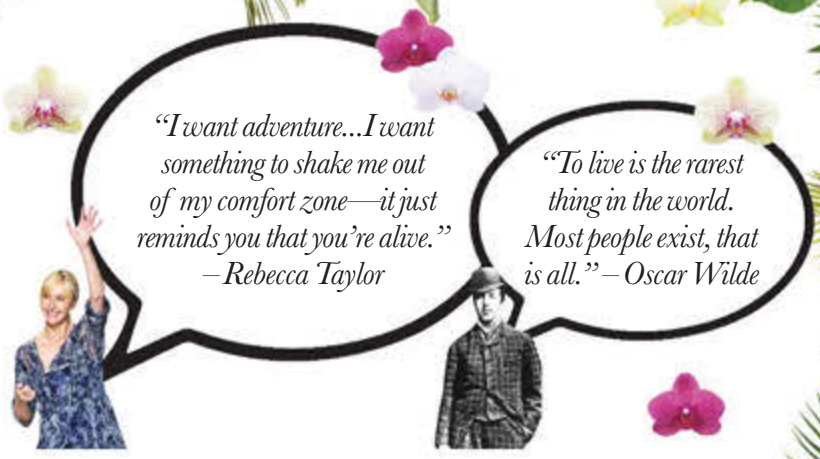


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health benefits to being outside. Outdoor exploration helps battle what American writer Richard Louv calls "nature-deficit disorder," a result of our increasingly indoor, screen-filled lives. Accumulating more memories than things is a beautiful quest for us individually and for humanity.

I like the adage that you'll be more disappointed by what you didn't do than what you did. I regret turning down the opportunity to work on women's health in Afghanistan in my 20s. I regret hanging on to one tough humanitarian job so long that it nearly burned me out. What don't I regret? Saying no sometimes; it leaves space to open another door. Like skateboarding, which I started at 42. I adore it—even though, when I was out with my son one time, I broke my ankle. It was painful, but I can laugh about it now.

Adventuring is a muscle I must exercise throughout life. My next journey is to the Arctic Ocean. I'm keen to know about northern peoples, cultures and wisdom. In August 2015, I'm joining civilians cleaning garbage from the shores of Spitsbergen, a Norwegian island. Although one-off stewardship efforts like this can't change the world, they have a ripple effect. Adventures promise knowledge, friendships and discovery inside and outside of yourself.

TIPS FOR EVERYDAY ADVENTURING

TAKE ON MICROADVENTURES Check out Alastair Humphreys' Credit Crunch Expeditions and A Year of Microadventure, which include monthly outing recommendations (alastairhumphreys.com). Or, sign up for a class like those at the Toronto-based Pine Project (pineproject.org), which offers outdoor courses in everything from wilderness skills to mentoring.

FIND MEANING Search travel and volunteer opportunities at home or abroad, but choose carefully—start your search through organizations like CharityVillage (charityvillage.com) and Voluntary Service Overseas (vso.org.uk). Or, join me in the Arctic to clean the shores of Spitsbergen (oceanwide-expeditions.com).

ACCESS YOUR INNER EXPLORER Find a meditation class, download an app or join the online Consciousness Explorers Club (consciousnessexplorersclub.com).

OVERCOME FEAR Prepare. Research your adventure and get safety tips, travel insurance, vaccinations and, depending on where you're going, evacuation insurance. Start your research through the World Health Organization's international travel and health guide (who.int/ith) and companies like International SOS (internationalsos.com). ☐

"TIPS FOR EVERYDAY ADVENTURING" BY CAROL DEVINE; GETTY IMAGES (ORCHIDS & PALM LEAVES); IMAXTREE (REBECCA TAYLOR)

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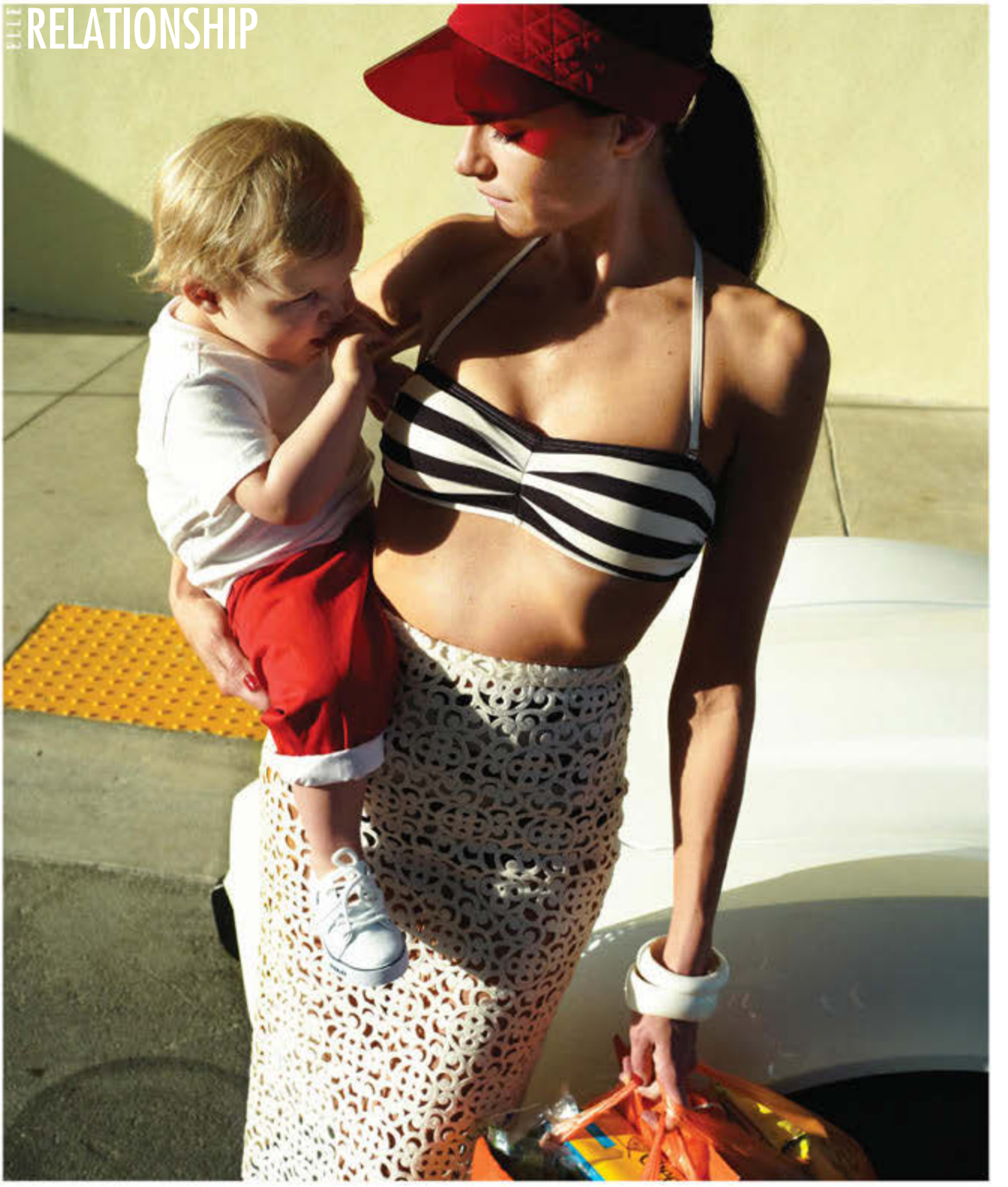
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ON THE ROAD TO MOTHERHOOD

Pregnancy is beautiful, except when it's ugly.
Becoming a parent is complex, except when it's profoundly simple.
Three women open up about fear, self-loathing and Las Vegas.

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How did Beyoncé reveal that she was with child? During a performance at the 2011 MTV VMAs.

END OF DAYS

Kathryn Hudson struggles with the new priorities that come with starting a family.

When I found out I was pregnant, I was wearing a sweatshirt that had "This is the end" lettered across the chest. I stumbled out of the bathroom, pregnancy test winking its positive results accusingly in my hand. My husband took one look at my expression and dissolved into a messy state that fell somewhere between giddy and fucking delighted.

I cried for two hours, mumbling that they were tears of joy, although I'm pretty sure those don't present in jagged, hacking sobs. I still don't quite understand my reaction. After all, I'd wanted a baby, and I'm not innocent enough to misunderstand the ways in which we'd been trying for one.

It just suddenly felt like I was staring toward, well, the end. The end of the career to which I'd lashed my heart years ago. The end of the careless, avant-garde life I might have wanted. The end of freedom.

I tried to rally, telling myself that, these days, pregnancy might be one of the best things that can happen to your career. Especially if you're Beyoncé, who presented her bump to the world like Simba on a clifftop. Or Blake Lively, who had an elaborate shower mere days after announcing her pregnancy seemingly just to populate her lifestyle website with breezy backlit pictures. Or Coco Rocha, who, to share her news, posted an Instagram video of her leotard-clad body spinning slowly on a platform.

The ravenous cultural fascination with celebrities and their bodies seems powerful enough to get even the limpest Hollywood career ▷



SMALL STEPS TOWARD BIG STYLE

You may not know the name Matt George, but he's the Toronto-born streetwear impresario who collaborated with Yeezus when the stylish rapper first forayed into fashion. Now based in L.A. with his Canadian wife, Ashleigh Dempster, an impressively well-connected entrepreneur in her own right, George launched AKID shoes in 2013. Make no mistake: These are not ordinary kids' kicks. This is well-designed and on-trend footwear that you'd covet for yourself—if only you could squeeze into a size 2 for boys. **K.H.**

A WALK TO REMEMBER

LAURA deCARUFEL LETS GO OF HER NEW-PARENT PANIC ONE STEP AT A TIME.



Bugaboo Bee^3 + Van Gogh stroller, $869 (bugaboo.com)

Before my baby was born, I thought I understood fear. I'd waitressed in a London pub during the World Cup. I'd once talked my way backstage at Prada. I'd interviewed Tilda Swinton. Butterflies? I was familiar. But when little Charlie arrived, on a rainy Wednesday in November, the rush of love I had expected to feel was

ILLUSTRATIONS BY ELENA VILTOVSKAIA; GETTY IMAGES (BEYONCÉ)

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CELEBRITY MOMS MAKING (BABY) BANK

These celebrities turned our obsession with their bumps into lucrative ventures. Got to pay for Junior's college somehow, right?

pounding like a marathoner's heartbeat. Jessica Alba, for instance, is known for her role in "you know, that movie with that guy" and yet has built a $1-billion product empire around her transition into motherhood.

"It's exciting," a woman breathed conspiratorially to me in the office kitchen when she spied my swelling belly. "You're going to have all new priorities and not care about anything you used to." I gaped at her. Her enthusiasm twisted into a raw-edged threat. The prospect of becoming someone else was terrifying. As a writer, I've worked hard to harness my voice. What if motherhood made it sound as unfamiliar as a tinny old voice-mail message? I became consumed with the worry that getting pregnant was somehow admitting I *wanted* to lose the professional ground I was gaining—that I was choosing poo over promotions.

STAT SCAN
NEARLY EVERY CANADIAN WOMAN POLLED IN THE ELLE INTERNATIONAL WOMEN IN SOCIETY SURVEY FEELS WE ARE DISCRIMINATED AGAINST AT WORK AFTER BECOMING MOTHERS.

My impending familial joy felt like another priority that threatened to derail my career, because the fact is that, while expectant superstars often get a box-office boost from their bump, it's not a career coup for real women. I'd likely be left scrabbling around with deadlines, diapers and frizzy hair like some perverted version of a *Cathy* cartoon.

I started resenting celebrities who preened and caressed their pregnant bellies, with paparazzi in tow, like hens sitting on golden eggs. Screw North's and Suri's moms, I grumbled. They have staff and somehow get to "have it all"—a concept my generation is slowly acknowledging is seemingly impossible. (Granted, this was a particularly unfair way to feel for someone who has spent many days interviewing thoughtful and interesting actresses.)

Then, when I was nearing the end of my pregnancy, I had a liberating moment in a Las Vegas bathroom. (Weird, I know.) I was there on business. It was late. Everyone else was popping bottles. My silk dress stretched conspicuously across my round midriff in the crowd of hard bodies. Nonetheless, ▷ accompanied by a low hum of terror that I had not.

This was next-level, laser-focused fear: I just wanted him to live, and I worried all the time that he wouldn't. I watched him sleep, listening for his tiny pterodactyl breaths. I asked every visitor who held him close "Are his eyes open?" which was code for "Look down and tell me that he's okay." I worried that he was colicky, that he was going blind, that he didn't like me.

Then, when Charlie was two weeks old, I left the house for the first time in days, hoping to escape my paranoid haze. We went for our first walk together, Charlie nestled in his slick Bugaboo stroller. Before Charlie, I'd thought of the celebrity-favoured carriage as another jewel in my stable of designer pieces—as lovingly crafted as my hand-stitched Mulberry bag or my perfectly cut Phillip Lim jacket. I'd picked it out as carefully as I chose which heels to wear to Fashion Week. But suddenly, as we turned toward the park, I realized that what really mattered about the stroller wasn't its pedigree; it was that I trusted it was strong enough to protect him. It was beautiful armour at a time when I needed as much strength as I could get.

The winter sun hung low, casting the kind of grey light that makes everything seem hyperreal—a high-def afternoon. It rained a little. Charlie slept. I stopped every once in a while to check on him. He was fine. He was better than fine—he was wonderful. Cumulus clouds slid quickly across the sky, and my heart lightened along with my step. Suddenly, a rainbow appeared. Then, almost unbelievably, a second rainbow shadowed it. It felt like a blessing, a huge cosmic grin. I stood still, watching my perfect baby boy sleep in his handsome stroller. Slowly, gratitude overtook fear. We walked on toward home, baby steps into our luminous, uncertain future.

ILLUSTRATIONS BY ELENA VILTOVSKAIA; GETTY IMAGES



Janice Fukakusa, CAO and CFO, RBC with John Philp, Board Chair, Wellspring and Christina Smith, CEO, Wellspring



Olympian Brian Price



Actress Kelly Rowan, TSN's Gurdeep Alawalia and CTV's Lisa LaFlamme

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Canada AM host and event emcee Beverly Thomson



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I was having a good time, soaking up the heavy bass and watching absurd laser-breasted aerial performers.

As I waddled into the coed bathroom, I could feel a set of eyes burning into me. "God.... What are *you* doing *here*?" asked some half-drunk clubland douchebag accusingly, panning over my ripe belly.

I'm not sure if I'm proud of what followed, but here is a statement of the facts: I realized I could learn something from celebrities who deal with relentless criticism about their choices. And I held up two middle fingers and walked out.

I was sick of judging myself. I was finished with feeling awkward about being pregnant and fretting about whether it signalled a lack of commitment to my craft. I probably would have felt more empowered if I'd ripped open my coat like Beyoncé instead of stumbling awkwardly into my boss' office and confessing that I'd gotten myself knocked up. (My boss, by the way, showed nothing but unwavering support.)

Mostly, I stopped wishing that other women—no matter how famous—would fail just so I'd feel better about my own fears. Because, if I'm being honest, one of the most reassuring conversations I've ever had about motherhood was with Drew Barrymore, who cried and told me she felt "like a total box of hair" and then looked into my eyes and promised me it would be wonderful anyway. Or the seemingly perfect Jennifer Garner, who sat across from me in a crisply pressed cotton dress while acutely pregnant and admitted she felt "neurotic." "It must be a hormonal thing," she sighed.

So, in that Vegas bathroom, I decided to let go of the pointless shame and envy that had been holding me back. I would stay up late if I wanted to, dedicate myself to my career if I wanted to, be a good mother if I wanted to.

It didn't feel like the end anymore. It finally felt like the beginning.



MOTHERHOOD ON THE BIG SCREEN

Slow clap to Jacob Tierney, the Montreal-born filmmaker behind *The Trotsky*, for recognizing that attending your millionth baby shower can make you go a little nuts. In his latest flick, *Preggoland*, which hits theatres this month, 35-year-old party girl Ruth (played brilliantly by Sonja Bennett, above) is brutally defriended after she gets wasted at a friend's baby shower. Her life has bottomed out—all her high-school buds started families while she was still drinking in parking lots. When someone accidentally assumes she's expecting (ouch), she plays along to get back into her friends' good graces—and get a seat on the bus. It's the funniest—and most honest—film we've seen about bonding and alienation in the mommy-to-be club. **K.H.**

FALSE GLOW

A touch dejected and deprived, Olivia Stren learns that pregnancy isn't the romantic journey she'd planned on.

A few years ago, I had lunch with a friend who was six months pregnant with her third child. "I loooove being pregnant," she said as she tore happily into a croissant, her gestational mane gleaming. "It makes me feel powerful!"

I never thought that pregnancy would make me feel formidable. (Power and I have never been especially simpatico.) But I did like to nurse the fantasy, which I will now call a delusion, that being with child would somehow feel great. I imagined myself, high on a cocktail of serene hormones, eating ▷

ILLUSTRATIONS BY ELENA VILTOVSKAIA


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SMILE
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creamy,
matte
crayons
BURT'S BEES
& Delight up your lips
From creamy matte crayons to tinted lip balms, find your perfect product and shade at natureknowscolour.ca.
BURT'S BEES
Natalia is wearing Napa Vineyard Lip Crayon

brownies with festive, guiltless abandon while wearing charming trapeze dresses. And then I got pregnant. At the Advanced Maternal Age of 38, I know that I should be grateful for this part of the narrative—the miracle of life, etc. And I am. But after a late-night trip to the emergency room about six weeks into my pregnancy, I was informed that I had what's called a sub-chorionic hematoma—common enough but also sufficiently serious that my OB/GYN put me on bed rest for the summer.

This experience would have been a delight, except I was officially on "miscarriage watch."

Having a physician order me to lie down seemed, initially, like a dream come true. She added, as if sharpening the punishment: "Oh, and *no* exercise!" Could a prescription get any sweeter? It could, in fact. "Well, you can't go jogging, but you can go shopping!" she told me. My husband, in the room at the time, proceeded to rub his face vigorously, gripped with fiscal anxiety. "You heard it from a professional!" I said to him gleefully.

I had so often longed to adopt the lifestyle of my cats, and I'm a quick study: I spent my days napping, lounging, window-gazing, snacking and occasionally vomiting. This experience would have been a delight, except I was officially on "miscarriage watch," which made the leisure less relaxing.

The rest did prove curative, though; the hemorrhage abated and then disappeared...at which point I developed severe heart palpitations, which made tasks like breathing difficult. My OB/GYN sent me back to the ER, where I sat next to a big-bodied woman pregnant with her sixth, breathing in a heavy gravel. "I think I'm in early labour," she said to me and then shouted, in a smoker's voice, at her bump, "Stop pounding on the trap door!"

A cardiologist with the German accent and I-am-God mien of *The Young and the Restless*' Victor Newman informed me that I had developed heart arrhythmias and a murmur. "Because of increased blood volume, your heart is being asked to go 60 horsepower when it only wants to go 40," he explained. "It's struggling to keep up."

Even my heart, as it turns out, is lazy. Victor Newman MD ordered me to sport a heart monitor on my abdomen for several days—a kind of fanny pack for the feeble.

While I was wired up like R2-D2, gradually assuming the droid's spherical silhouette, a molar spontaneously dropped out of my mouth. I felt like a cross between a robot and a bum. "Gain a child, lose a tooth" goes an old proverb. My grandmother, evidently, had lost one with each baby. (Mercifully, for the state of her smile, she only had two daughters.) But that was in Morocco during the Second World War, when calcium-rich foods were scarce. I'd lost my molar while eating an overpriced salad from Whole Foods. I reported my dental debacle to my OB/GYN. "I'm not up on my old wives' tales," she said, scribbling something on my chart that likely read "Patient is crazed." Then she announced, "So, you failed your glucose test."

After it was established that I had gestational diabetes, I attended a class to learn about the evils of bagels. Pregnancy, with its anxieties and discomforts, at least was a licence to eat baked goods. But, it turned out, a bowl of lentil soup and a piece of whole-grain toast sent my blood-sugar levels into the stratosphere. "Your pancreas is really struggling. And lentils do count as carbs," my newly acquired dietitian, Jade, informed me over the phone. "How big was the soup bowl?" she asked, as if I had been eating from a beer vat. "It wasn't very big! And it was a legume potage, not a banana split," I countered meekly.

"Light exercise helps," she added.

"Does weeping count?" I asked.

Now I'm just over seven months pregnant, sitting in a café—its counters glutted with platters of sugar-dusted scones, hillocks of brownies and oven-gilded croissants—feeling like a squirrel let loose in a peanut crop. It's time to follow Jade's orders and take my underachieving heart and challenged pancreas for a walk home. Instead of a brisk trot or even a stroll, I hobble home like the English Patient. After all, I just found out I have sciatica.

My mother told me that pregnancy is easier when you're younger. Cue Cher and make a memo to self: Turn back time. I'll be sure to be younger the next time.

Until then, I'm in the final stretch—and each new day is pregnant with diagnostic and pathological possibilities. ☐

ILLUSTRATIONS BY ELENA VILTOVSKAIA


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TREASURE ISLAND

This season, sailor chic gets an edgy makeover thanks to boyish cuts that show a little skin. It's just the kind of style odyssey we've been waiting for.

OWEN BRUCE; GABARDINE JACKET AND PANTS AND PEARL AND METAL PENDANT NECKLACE (LANVIN) AND BRASS CHARM NECKLACE WORN AS A BRACELET (SISCO BERLUTI)



Asymmetrical jersey top and skirt (Jacquemus) and leather, wood and PVC platform sandals (Aquilano.Rimondi). Right: Cotton blazer (Paul Smith) and cotton shirt, linen shorts and leather and PVC belt (Aquilano.Rimondi)



NEW WAVE

Janice Alida gets in the seafaring spirit with bold stripes, sexy silhouettes and luxe navys. There has never been a better time to rock the boat.

Styled by Juliana Schiavinatto Photographs by Owen Bruce Art direction by Denis Desro



Cotton-crepe pea jacket and shorts and jersey-spandex swim top (Michael Kors) and leather sandals (Aldo). Right: Wool jacket, leather shorts, silk and polyamide tank top and wool-felt hat (Saint Laurent), silk scarf (Hermès), onyx and pyrite bracelet (Haus of Topper) and brass charm necklace worn as bracelet (Sisco Berluti)





Cashmere cardigan and bodysuit, knit and suede boots and metal cuff (Chanel) and silk scarf (Hermès)







Cotton crewneck top (Michael Kors) and silver chain earring (Louis Vuitton). Left: Cotton maxidress and leather platform sandals (Sacai) and gold-plated brass, onyx and lapis lazuli necklace worn as bracelet (Dean Davidson)



Cotton-twill jumpsuit, cotton sweater and leather and python sandals (Sonia Rykiel), gold-plated brass cuffs with onyx and moonstones (Dean Davidson), onyx and pyrite bracelet (Haus of Topper) and silk scarf worn on wrist (Hermès)



Wool coat and pleated trousers (Marc Jacobs). For details, see Shopping Guide. Model, Janice Alida (Lizbell Agency); hair, Justin German (P1M.ca); makeup, Jackie Shawn; stylist's assistant, Elaine Jyll Regio; digital technician, Eric Brazier; photographer's assistant, Paolo Cristante; set design, AESCHER (aescher.co)



Cotton and polyester dress (UNTTLD for ÉDR)

RAY OF LIGHT

The season's brightest hue turns up the heat with flirty fabrics, punchy patterns and oversized shapes.

Styled by Azamit Photographs by Leda & St. Jacques Art direction by Denis Desro







Silk dress (Tsumori Chisato). Left: Cotton shirt (Steven Alan) and fringed silk skirt (Marco de Vincenzo)





Cotton T-shirt and leather belt (Filippa K), acetate and viscose pants (Zadig & Voltaire) and leather sandals (Designers Remix). Left: Embroidered silk dress (Rochas), nylon and spandex two-piece swimsuit (Milly) and leather platform sandals (Sportmax)



Neoprene top (Opening Ceremony), print silk pants (Missoni) and leather sandals (Sportmax). Right: Cotton guipure-lace top and skirt and silk-knit pullover (Erdem). For details, see Shopping Guide. Model, Jenna Castilloux (Montage); hair & makeup, Paco Puertas (Folio/ TRESemmé/M.A.C), using Clarins suncare products; stylist's assistant, Rima Chahine; digital technician, Yanive Nizard; photographer's assistant, Don Loga. *We would like to thank Air Transat (airtransat.ca), Nolitours (nolitours.com), Dreams Las Mareas Costa Rica Resort & Spa and the Costa Rica Tourism Board*





Silk dress with appliqués (Stella McCartney)
and enamel and lacquered bracelets (Hermès)

IN THE MIX

This spring, stitched-together fabrics in pumped-up prints prove it's hip to be square.

Styled by Juliana Schiavinatto
Photographs by Moo
Art direction by Denis Desro



Linen top and skirt, silk socks and leather sandals (Prada) and 22-karat-gold-plated-brass rings and cuff (Dean Davidson)



Wool dress (Marc Jacobs) and
leather platform sandals (Just Cavalli)



Jersey and lace blouse and Swarovski-crystal-embellished jean shorts (Jean Paul Gaultier), gold-plated brass bracelets (Jenny Bird) and silk scarf (Hermès)



Taffeta and cotton top (Miu Miu)



Print silk dress and scarf (Just Cavalli)

Multicoloured chiffon jacket
(Maison Martin Margiela) and
patchwork jeans (Tommy Hilfiger)





Cotton dress (Carven)
and enamel and lacquered
bracelets (Hermès)



Viscose and linen vest, linen and polyester bandeau, silk and viscose pants and leather sandals (Dries Van Noten) and silk scarf (Hermès). For details, see Shopping Guide. Model, Liisa Winkler (Mode Elle Model & Talent Agency); hair, Sabrina Rinaldi (P1M.ca/TRESemmé); makeup, Veronica Chu (CoverGirl); stylist's assistant, Elaine Jyll Regio; digital technician, Paolo Cristante; photographer's assistant, Gary William Ogle

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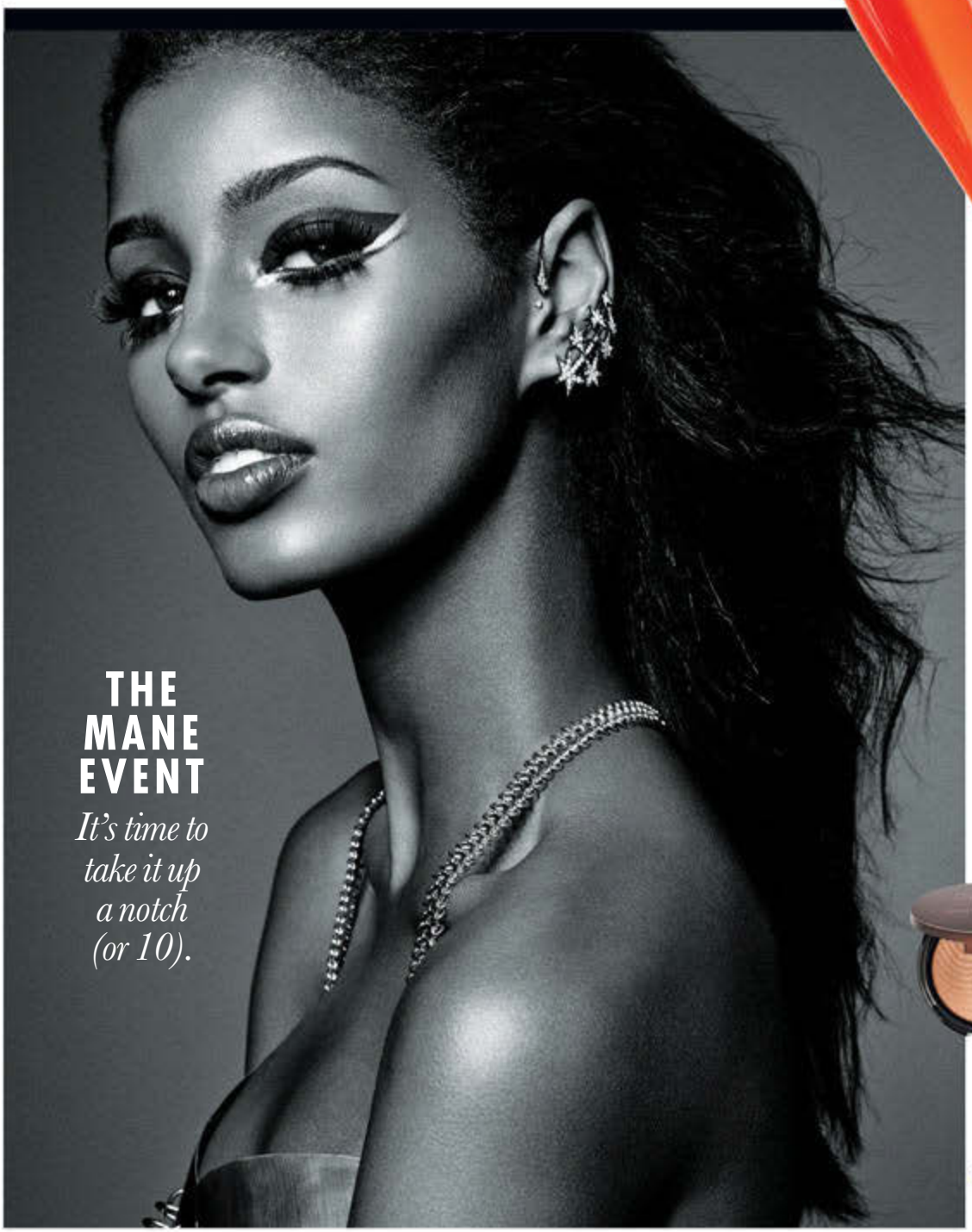


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ELLE BEAUTY

YOUR NEED-TO-KNOW COUNTERCULTURE GUIDE



THE MANE EVENT

It's time to take it up a notch (or 10).



Christopher Kane x NARS Lipgloss in Nebulous and Glow Pink ($31 each); Make Up For Ever Pro Bronze Fusion in 20M ($42); Thierry Mugler Angel Eau de Parfum Spray ($138 for 50 mL). For details, see Shopping Guide.





EDITOR'S POV I love the world of beauty because of the heightened sensorial experiences it offers: a precious mood-altering spritz from a Jo Malone bottle; the arid heat blasting from three dozen blow-dryers backstage at Marc Jacobs; the visual impact of a compelling kick-ass photo shoot (like our collaboration with Lloyd Simmonds, creative director for YSL Beauté, above and on page 160). These moments remind me of how much art—and adventure—there is in living beautifully. **VANESSA CRAFT**

OWEN BRUCE (MODEL); GEOFFREY ROSS (PRODUCTS); MAKEUP, LLOYD SIMMONDS (YSL BEAUTÉ); STYLING, JULIANA SCHIAVINATTO (P1M.CA); HAIR, TONY MASCIANGELO (P1M.CA); MODEL, SENAIT (ELMER OLSEN MODEL MANAGEMENT); METAL DRESS (CHROMAT) AND GOLD AND DIAMOND EARCUFF (RUNA AT ARCHIVES)



BARE IT Love the barefaced look but not your dark circles? There's a product for that. Enter the "nude but better" motto of Toronto-based beauty brand Nudestix (created by the Frankel sisters—Ally, 15, and Taylor, 18) and its line of "Crayola meets Chanel" concealers, shadows, liners and lip-and-cheek pencils and pens. From top: Nudestix Lip + Cheek Pencil in Whisper and Ripe; Nudestix Eye Pencil in Burnish; Nudestix Concealer Pencil in Light 1; Nudestix Eye Pencil in Stardust ($28 each). For details, see Shopping Guide.

LATEST & GREATEST

BEAUTY BUZZ

This month's new and noteworthy must-haves.

ELLE ♥ LOVES



Kiehl's Limited-Edition Creamy Eye Treatment with Avocado ($57), a wildly rich, fragrance-free eye cream brimming with shea butter and avocado oil. One-hundred percent of the net profits from the sale of this eye cream go to the Canadian Wildlife Federation in support of the Atlantic puffin.



"I NEVER CALLED HER 'GRANDMA'; SHE WAS ALWAYS 'ESTÉE' TO ME. NO MATTER HOW BUSY SHE WAS, SHE NEVER LEFT THE HOUSE WITHOUT PERFECT HAIR AND MAKEUP. HER MOTTO WAS 'BEAUTY IS THE BEST WAY TO BOOST SELF-ESTEEM.'"

– Aerin Lauder on her grandmother's influence. Aerin Rose de Grasse Eau de Parfum Spray ($205 for 50 mL)



WIN IT! Burt's Bees Lip Colour and Lip Care products are loaded with natural ingredients. For your chance to win one of 10 prize packs, valued at $50 each, visit **ELLECanada.com/contests**.

THIS MONTH'S "CAN'T LIVE WITHOUT" LIST

Vanessa Craft, beauty director
"This new oil-free serum is a next-level touch-up situation. It softens your mascara-laden lashes and allows you to apply more (for a night out) without any flaking." Urban Decay Mascara Resurrection ($26)



Katherine Flemming, health & beauty editor
"I'm a moisturizer slacker, but this lotion has a pump (key for laziness) and smells like coconuts from a far-off land (so I comply)." Éminence Organic Skin Care Coconut Firming Body Lotion ($36)



Victoria DiPlacido, assistant beauty editor
"I'm not one to skimp on topical treatments—retinols, acids, what have you—so I give my sensitive skin a well-deserved break with this gentle hydrating cleanser." Tata Harper Refreshing Cleanser ($84)

TEXT BY VICTORIA DIPLACIDO & KATHERINE FLEMMING; GEOFFREY ROSS (PRODUCTS); COURTESY AERIN LAUDER (E. LAUDER & A. LAUDER); EVAAN KHERAJ (BOBBLE HEADS); IMAXTREE (BACKSTAGE)


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tip
TRY DUSTING A LITTLE SHIMMER POWDER ON YOUR SHOULDERS FOR EXTRA GLOW!

3,2,1... days to the *weekend*

The best time to start your weekend prep? Three days before. Friday nights should be reserved for the important things—like catching up with friends over dinner, drinks (and dessert) before a night out—not worrying about the basics.

tip
GO WITH A MATTE LIPSTICK FOR STAYING POWER.

1



A GREAT LIPSTICK can highlight your pearly whites. A true red — one that isn't too blue or too orange — is the colour to pick when you want your teeth to look their best. If a true red is too bright, go with a blue-based red, it's subtler but will still make teeth look their brightest. Test lipstick colours a couple of days before and tuck your favourite into your clutch.

2



GO FOR GLOW The condition of your skin can make or break a great outfit. No one likes dry, dull skin so make sure you have healthy-looking skin that glows with Softsoap* Fresh Glow Exfoliating Body Wash. It's made with 100% real extracts sourced from kiwi, orange, and apricot. It smells great, so you will feel great!

3

tip
DON'T FORGET TO BREAK IN THOSE SEXY NEW SHOES!



LET'S BE REAL: your weeknights can be busy, too. NEW Colgate* Optic White* Express White toothpaste starts whitening in 3 days† — without the hassle of whitening treatments. Dazzle without the hassle. Start on Tuesday and by Friday, you'll be good to go!



Colgate*

†For best results, use as directed for 4 weeks. Fights cavities. Colgate-Palmolive Canada Inc. *TM Reg'd/M.D.



†For best results, use as directed for 4 weeks. Simulated teeth whitening on model. Fights cavities.
Colgate-Palmolive Canada Inc. *TM Reg'd/M.D.

EDITORS' PICKS

LUST LIST

What we're coveting this month.

DOPE TAUPE
Dare to go (nearly) bare with this nude balm. Stila Nude Interlude Color Balm Lipstick in Meg ($25)

LITTLE MISS SUNSHINE
Lighten up the contouring process with this playful palette. M.A.C Wash & Dry Studio Sculpt Defining Bronzing Powder in Delicates ($41)

CANDY CRUSH
This warm coral-hued tint hydrates skin with Spanish lavender. Tata Harper Volumizing Lip & Cheek Tint in Very Vivacious ($41)

THROWING SHADE
Try this universally flattering mix of neutral, bronze and pink shadows. Tory Burch Eye Shadow Palette in Pas du Tout ($65)

SMOKE SHOW
Pencil on a smoky eye with this crease-resistant formula. Laura Mercier Caviar Stick Eye Colour in Sand Glow ($34)

CLEAR SAILING
Treat blemishes with salicylic acid while light-reflecting pigments and micro-particles blur the offending spots. Olay Fresh Effects Spot Zinger! 2-in-1 Salicylic Acid Acne Spot Treatment ($13)

ROLL CALL
Get a little jaded with this understated and chic nail polish. Essie Nail Polish in Fall in Line ($10). For details, see Shopping Guide.

SERIOUSLY BUFF
Don't skip this step: Exfoliate skin before applying self-tanner for a streak-free finish. Jergens Natural Glow Colour Primer In-Shower Scrub ($13)

INTO THE WILD
Heat things up with this ambitious fragrance laced with rum and tobacco. Zoologist Rhinoceros Eau de Parfum Spray ($156 for 60 mL)

TEXT BY VICTORIA DIPLACIDO; GEOFFREY ROSS (PRODUCTS)



What's my advice for healthy-looking, radiant skin? A good night's sleep and Aveeno®.

AVEENO® POSITIVELY RADIANT® face moisturizer has an ACTIVE NATURALS® soy formula to instantly reduce the look of brown spots. And for stubborn brown spots, there is new AVEENO® Targeted Tone Corrector with soy and vitamin A.

© Johnson & Johnson Inc. 2014



The packaging for Tilbury's new makeup line was inspired by '20s cigarette cases and '50s cut-glass perfume bottles and made with "the lifestyle of a modern woman in mind: lightweight, compact and leakproof."

Clockwise, from top: Charlotte Tilbury Cheek to Chic Blusher in Ecstasy ($50); Beach Stick Lip-to-Cheek Dewy Colour Pop in Moon Beach ($48); Lip Cheat Liner in Pillow Talk ($27); Rock 'N' Kohl Iconic Liquid Eye Pencil in Barbarella Brown ($28); K.I.S.S.I.N.G Fallen From the Lipstick Tree in Velvet Underground ($38); Lip Lustre Lip Lacquer in Candy Darling ($28). For details, see Shopping Guide.

A BEAUTIFUL MIND

CHARLOTTE TILBURY

"I discovered makeup when I was 13, and it changed my life. I started wearing mascara, and, overnight, everyone from seven to 70 reacted to me in a very different way; I was more popular, and I felt more confident. While at first this was a little depressing, I soon realized that makeup is powerful: It's every woman's secret weapon. I'm all about a smoky eye 'til I die! I've been wearing a smoky feline eye since I was a teenager. The shape defines and elongates—it's like an eye lift without the surgery.

"I think I always walked a path toward makeup artistry. From a young age, I had Marilyn Monroe posters up on my wall and bought loads of reference books about silver-screen icons, like Audrey, Elizabeth and Marlene, and studied their faces. I wanted to know what made them beautiful.

"Sharing the power of makeup with women is what drives me. Many of the reasons women don't fully engage in makeup—they aren't sure how to use it or what suits them—are what I wanted to revolutionize in the retail experience. Even as a professional, I walk into [a store's beauty department] and want to run in the opposite direction! There's so much choice and so little direction or problem solving; I wanted to create a glamorous, safe environment for women to shop in. My collection is curated into 10 looks, so you know which lip colour goes with each eye colour. There are visuals of how the lipsticks and eyeshadow palettes look on all skin tones, so you're never lost.

"All of my products have a star hidden on every pack. This was inspired by a note I got at the start of my career encouraging me to follow my dreams—it signed off with "Knock it to them, Charlotte; I know you'll be a star." I treasured this note and looked at it during times of self-doubt—it gave me the motivation to continue. I want everyone to have that moment when they open their compact. I believe that everyone has a halo around them; everyone can be a star." □



BRITISH-BORN, Ibiza-raised Charlotte Tilbury launches her makeup collection in Canada in June. Comprising 10 key looks to make shopping easier, her line is flattering for all skin tones. (See left for her "Rock Chick" look interpreted two ways.) During Tilbury's 20-year career, she has developed products for M.A.C and Giorgio Armani Cosmetics and made up celebrities like Kate Moss, Cara Delevingne, Jennifer Aniston and Amal Clooney. She currently leads the beauty direction for the Tom Ford and Donna Karan runways.

AS TOLD TO VANESSA CRAFT; GEOFFREY ROSS (PRODUCTS)


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Do You Believe Age is Just a Number? We Do.

Having Beautiful Looking Hair at Any Age Has Never Been Easier



Women today are showing the world that age is just a number, by embracing it in beautiful ways. So why is it, despite having gained so much with age, women feel they are losing out when it comes to their hair?

Research has shown that with age, women's hair – just like their skin – can change. Hair needs to be nourished, moisturized and protected to keep it looking youthful. However, as signs of aging hair gradually appear, many women try to over-compensate by further damaging their hair with harsh chemical treatments and styling tools.



Dr. Katya Ivanova Global Haircare Scientist for Unilever

"Aging hair is a phenomenon that for years has been overlooked by hair care experts. In their early 30s, most women start to notice subtle changes in their hair, but as they reach their 40s they often find that it looks and feels thinner, drier, frizzier and weaker."

More than 50% of women* feel helpless in preventing hair's aging process.

Dr. Ivanova explains further, "As we age, our hair follicles progressively shrink and begin to produce thinner hair strands until they eventually stop producing hair altogether - as a result hair appears sparse and thin. As the follicles get smaller, they also become less symmetrical, producing hairs with uneven surfaces that feel less smooth and look frizzy. Contrary to popular belief, this isn't just an effect of too much styling, but a result of decrease in the hair's lipids, which act as the a natural conditioner while ensuring protection and lustre."

3 EASY STEPS FOR YOUTHFUL, RADIANT LOOKING HAIR

The natural process of aging hair is not something to be feared or fought against. When aging hair is treated with specialized nourishment and care, it can be transformed to look youthful and radiant. Dove Youthful Vitality collection contains state of the art technology designed specifically to counteract the signs of aging, and is comprised of a 3-step process that can be easily incorporated into any daily hair care routine.



Step 1. Hair is cleansed with a gentle shampoo to remove impurities, invigorate hair and bring back its fullness.

Step 2. The conditioner restores the strength that hair needs while ensuring a natural looking shine and a supple, soft texture.

Step 3. Dove Hair's first ever Silk Crème, infused with a UV complex and anti-oxidants, replenishes hair's nutrients and delivers manageability for ease of styling.

*2014 Edelman Berland Global Research

THE HOTTEST CUTS OF THE YEAR



Scarlett Johansson's risk-taking pixie



Sienna Miller's ruffled bob



Kendall Jenner's layerless mid-length



Suki Waterhouse's choppy long shape



VERSACE





THE LOB STILL ON TOP

Celebs like Jourdan Dunn, Cate Blanchett, Margot Robbie, Taylor Swift and Kerry Washington all love the long bob, or "lob." Danilo, celebrity hairstylist and global ambassador for Pantene, analyzes the hairstyle's enduring appeal: "The lob is having a hair spa moment—all that ombré and flatironing—and your hair looks healthy again. The simplicity of the lob is also very attractive. It relays a certain level of confidence. It's practical; you can wear it completely straight or let it out or set it. It has that versatility. You can part it on the side or in the centre. Your hair can be a crazy mess, but with that blunt line, it looks seamless. It echoes 'good' all the time. My favourite length for a lob is the collarbone—what I call '1970s glamour'—because it's more versatile. You can put it up in a knot or you can even add hair if you want to go that route. It's easy. It makes sense. Why not have a trend where hair is pretty again?"



GET YOUR HEAD IN THE GAME

The quest for runway-ready hair starts now. You got this.



JIL SANDER

GET LONG HAIR...SOON Check your digestive health, say Maryska Taylor and Rachel Corradetti, naturopathic doctors who founded Clinic Intrinsic, a mobile naturopathic service. "You can't grow lustrous long hair if you aren't absorbing any of the nutrients needed to do so," says Taylor. Gastrointestinal issues and an imbalance of gut flora (which can arise from long-term use of painkillers and antibiotics, respectively) can prevent nutrients from being fully absorbed by the body, says Corradetti. Taylor recommends fish oil to help quell inflammation and a bitter like gentian to stimulate stomach acid, which is needed to break down the protein in food for more efficient digestion. You may see changes in a month, but Corradetti advises sticking with it for at least three.

OR, GET LONG HAIR...NOW Hairstylist Amber Fairlie, creative director for the Manor Salon in Toronto, says the secret to a natural lengthy look is in the application. Depending on the client's hair, budget and fantasy hair dreams, Fairlie works with heat-fusion or cold-fusion (in which hair is attached via a tiny metal silicone tube rather than with heat or adhesive) techniques. Both are suited for naturally straight or wavy hair. When you're seeking a stylist, Fairlie recommends checking out their online profile, including Instagram photos of their work and client reviews, and booking an initial consultation. Although extensions are a legit quick fix (costing from a few hundred bucks to over a thousand), they aren't for everyone. "You have to commit to taking care of them," she says. This means using professional products that aren't overly moisturizing (the oils will cause your extensions to slip out) and a proper extension brush to detangle hair, such as the Tangle Teezer ($25; for details, see Shopping Guide), and sleeping with your hair pulled up in a loose ponytail. ▷

TEXT BY VANESSA CRAFT. VICTORIA DIPLACIDO & KATHERINE FLEMMING: GETTY IMAGES (S. JOHANSSON, S. MILLER, K. JENNER, S. WATERHOUSE, C. BLANCHETT, K. WASHINGTON, M. ROBBIE & T. SWIFT); IMAXTREE (RUNWAY)







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FIVE DAYS OF GORG HAIR

So long, workweek hair rut!



CHANEL

1 **Bent, like at Chanel.** Try Bumble and Bumble Surf Foam Wash Shampoo ($30) and TRESemmé Perfectly (Un)Done Waves Sea Salt Spray ($8).



FRANCHI

2 **Braided, like at Franchi.** Try Revlon Style Masters Volume Amplifier Mousse ($20) and Kérastase Paris Fix Fabulous: Precise Fixing Spray ($38).



GUCCI

3 **Centre parted and tailed, like at Gucci.** Try Wella Professionals Elements Leave In Conditioner Spray ($22) and John Frieda Frizz Ease Miraculous Recovery Deep Conditioner ($11).



PUCCI

4 **Bombshell curled, like at Pucci.** Try Pureology Curl Complete Moisture Masque ($50) and T3 Twirl 360 Curling Iron ($255).



VERSACE

5 **Slicked back, like at Versace.** Try Schwarzkopf Professional SKP Pro-Heat Blow Dryer ($215) and Batiste Dry Shampoo Tropical ($9). For details, see Shopping Guide.

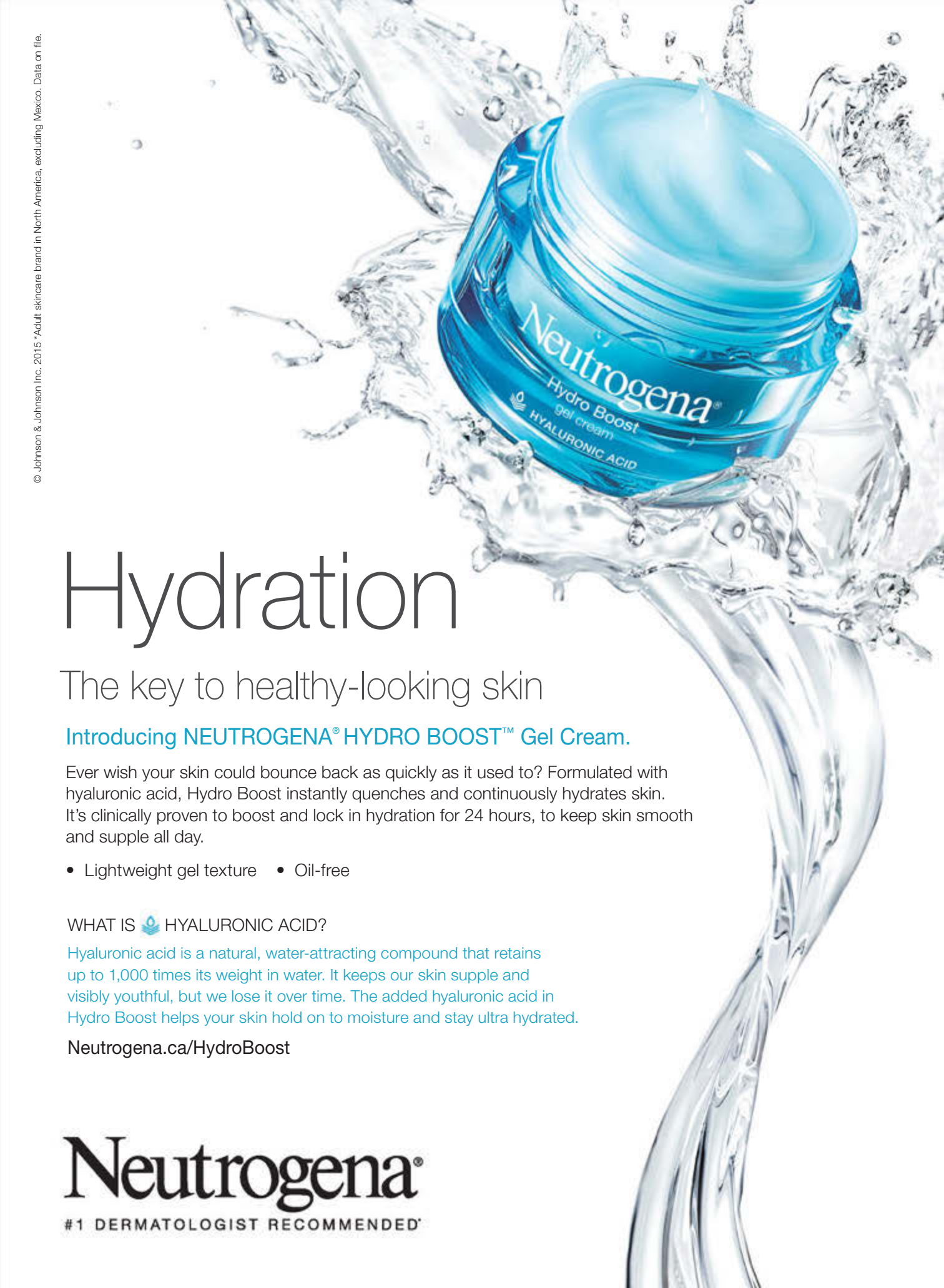
HOW TO GIVE YOURSELF A BLOWOUT WITHOUT CRYING OR SWEATING (MUCH)*

1. Section your hair into four parts: down the centre and across from behind the ears. **2.** If you have bangs, dry them first; if not, start from the back. **3.** Keep your shoulders square; don't lift them or you'll get tired and achy. (This is still inevitable, but keeping them square will at least postpone it.) **4.** Most important: Use a professional-grade blow-dryer. These are lighter and dry hair quickly. If the air coming out of your blow-dryer isn't strong or hot enough, your hair will frizz and take longer to fix. It's worth the investment.

*Tips via Amber Fairlie, creative director for the Manor Salon. Fairlie holds BYOB (bring your own blow-dryer) events at her salon in Toronto to help teach women how to do their own pain-free, no-nonsense, money-saving blowouts. She's basically a national treasure. ▷

TEXT BY VANESSA CRAFT & VICTORIA DIPLACIDO; IMAXTREE (BACKSTAGE); GEOFFREY ROSS (PRODUCTS)

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#1 DERMATOLOGIST RECOMMENDED*



SHADE RANGE

DIY COLOUR GETS A BOOST OF SALON SOPHISTICATION WITH THESE NEW HOME KITS. (KEEPING IT REAL: KIM DID NOT DO THIS HUE AT HOME.)

L'Oréal Paris EverPure Brass Banisher System Shade Reviving Treatment in Blonde ($12); Pantene Expert Fade Defy Color Magnifying Gloss ($12); Vidal Sassoon Salonist Permanent At-Home Colour in Medium Intense Red ($16). For details, see Shopping Guide.



MUST-HAVE HAIR PROD

KLORANE CONDITIONING BALM WITH DESERT DATE ($11) IS ESSENTIAL FOR CREATING THE SLICK WET STYLE ☐YOU NEED TO LOOK **#KILLER**.



LUXURY HAIR IT MATCHES YOUR HANDBAG.

Before you go all in with that dreamy silk-organza-trimmed Giambattista Valli dress, consider this: Does it go with your hair? "We're on the brink of an '80s throwback, when girls were using hot rollers to achieve polished ends and healthy-looking hair," says Canadian Harry Josh, international creative consultant for John Frieda. Josh calls it the return of "luxury hair"—billowing voluminous waves with blinding shine. Luxury also denotes touchable: "Think of the girls on the runway with blowouts that move when they walk."

FOUR SIMPLE STEPS TO LUXURY HAIR

1. END GAME A polished style requires smooth hair. "It's all about healthy ends," says Josh, so either go in for a chop (tell your stylist you want it cut blunt) or seal any broken ends with a repairing product, like John Frieda Frizz Ease Miraculous Recovery Repairing Crème Serum ($16).

2. ROLL WITH IT "Use rollers or a round brush to keep hair looking full," says Josh. Short on time? Try wrapping just the ends of your (dry) hair in hot rollers. But if you're going all out and really want the va-va-voom vibe, "it's crucial to place rollers at the crown of your head to achieve height."

3. BOUNCE WITH ME After the curls have set, loosen them into a soft wave by running a paddle brush through the entire length. "You'll have a big, bouncy mane of amazingness," promises Josh.

4. SEAL THE DEAL Set your style with a hairspray that won't interfere with that coveted touchability so your hair has hold but can still move.

TEXT BY VANESSA CRAFT. KATHERINE FLEMING & CHARLOTTE HERROLD; IMAXTREE (RUNWAY); GETTY IMAGES (K. KARDASHIAN); GEOFFREY ROSS (PRODUCTS)

VS® SASSOON





VIDAL SASSOON SALONIST™

IT'S MORE THAN COLOUR.

IT'S A WORK OF ART.

TREATS **ROOTS** THEN **LENGTHS**
SEPARATELY AS DONE IN SALONS

★★★★★ RATED 5 STARS*

100% GREY COVERAGE

BLIPP TO SAVE & SEE
THE SALONIST DIFFERENCE

MSG AND DATA RATES
MAY APPLY

MODEL IS WEARING 5/3 MEDIUM GOLD BROWN. *MOST COMMON RATING. U.S. CONSUMERS PROVIDED WITH PRODUCT.

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KNOT ON MY WATCH

Vanessa Craft reflects on her family's tangled hair history.

When I was growing up, Sunday was a day of pain, not rest. It was bleak, something to be endured. Sunday was, as my mother recently agreed, "torturous"—and she wasn't even the one doing the screaming.

Once a week I would sit in my pyjamas, with the Disney weekend movie on as distraction, while my mom yanked and brushed "the rats" out of my hair. It was certainly an extermination. It took hours and left little fawn-coloured knots of broken hair floating across our worn parquet floors.

My mom had long, silky blond hair that hung straight down her back. I took after my African-American father, who sported an Apollo Creed-style 'fro and was never without a hair pick in his back pocket. My tight, kinky curls grew up and out of my head like Roman candles.

There were so many things Mom couldn't possibly know about my kind of hair: that using a quarter-size dollop of light "creme rinse" to soften it was equivalent to using a spray bottle to water a football field; that knots need coaxing with a sturdy wide-tooth comb when the hair is wet and weighed down with a keg of conditioner; that the unforgiving, stiff-bristled dollar-store brush she used on her own hair wasn't going to have a "meet cute" with my coils—not then, not ever.

My mother and I are very close, but we bonded over books, not beauty. We delighted in discussing the exploits of Amelia Bedelia, Ramona and Harriet the Spy, but there were no shared mirror moments of styling excitement. Not when I'd wince and squirm every time she gave me her hippie-hair-don't-care version of afro puffs, which were more like flat, flammable-looking frizz balls with an errant centre part. (Running a fine-tooth comb down the centre of a brushed-out, under-moisturized afro wasn't any fun for either of us.) Sometimes, Mom would mix it up and wrangle my hair into two ▷

COURTESY VANESSA CRAFT

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SEPARATELY AS DONE IN SALONS

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100% GREY COVERAGE

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THE SALONIST DIFFERENCE

MSG AND DATA RATES
MAY APPLY

MODEL IS WEARING 5/45² MEDIUM INTENSE RED. *MOST COMMON RATING. U.S. CONSUMERS PROVIDED WITH PRODUCT.

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Mom was more focused on dealing with the racism we encountered every day than if my hair was on point.

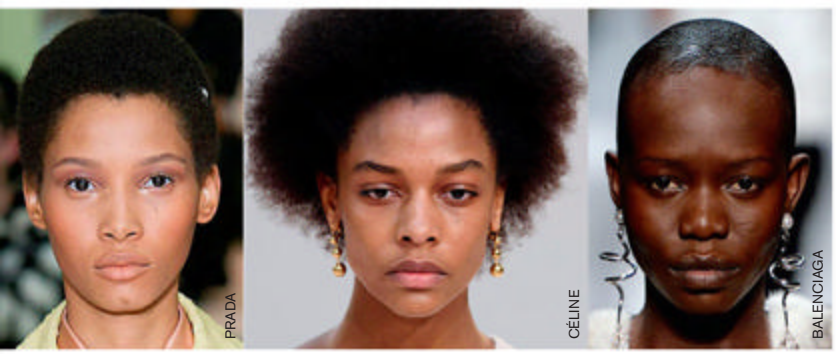
braids, one on each side of my head. Before I had even left for school, they would curl up away from my neck, not wanting to be forced flat. Perhaps we should have been reading *Pippi Longstocking*.

My hair was dehydrated for a decade, but I didn't mind. I wasn't that invested in my looks. I was at that blissful age when all I thought about were stickers, bike rides and unicorns. As for my mom, there was little advice to be had. This was before the Internet, and research had to be done the old-fashioned way—by asking. But who? My dad was uninterested and only cared that my hair was clean. I'd yet to meet his family, who lived in the United States and surely would have been helpful. My friends' moms knew hair like mine but didn't know my mother well. (Even if they did, it would have been too political for a black woman to broach the subject with my white mother. The late '70s and early '80s were no Benetton advertisement; Mom was more focused on dealing with the racism we encountered every day than if my hair was on point.) And the only other interracial family in our apartment building had kids with the same "my mom has no clue" hairstyles as I did.

Things changed in junior high, when I became very invested in pastel eyeshadow and hairstyles. Then my friends with kinky hair came in handy. I followed them into relationships with straightening irons, hair grease, roller sets, finger waves, relaxers, braids, weaves and the high-octane fruity fragrance of Let's Jam gel. My extensive-effort hair (hours getting it "set" in a pineapple-shaped updo or cooking a deep conditioner under a shower cap on Saturday mornings) was the opposite of Mom's minimal-intervention approach. It wasn't rebellion, though; it was more of an exploration of my options. Mom let me do what I wanted, although she always maintained that my hair was most beautiful in its natural curly state.

I never gave a thought to her struggles until I had a child of my own. My daughter's father is English, and she ended up with fine, soft hair that, astoundingly, grows flat against her head and moves when the wind blows like she's riding a horse in a hair commercial. When she swims, she emerges with the beachy waves that I've been telling readers for years how to replicate with surf sprays and texturizers. I'm equally amazed and confused over how this kid's hair works. It took me a year to realize that her lank, greasy hair wasn't the result of her entering puberty at only seven years old; it was because my liberal application of rich conditioners was causing a follicular oil spill. Unlike my mother, I am bothered by the fact that my daughter and I don't have hair in common, that I get it wrong a lot when I try to style it. But she, much like me at the time, doesn't care all that much.

When my mom comes to stay with us, I often discover her with my daughter, chatting away on the couch while they brush each other's hair. The lack of screaming is notable. I'd never imagined that the simple act of brushing hair could be something pleasurable. Watching this bonding take place from afar is bittersweet, but it's better than letting either of them come anywhere near me with a hairbrush. ❑



IMAXTREE (RUNWAY)

NATURAL, WOMAN

Hair in its coiled state is (finally) having a moment on the runway. Stylists at shows like Prada, Céline, Alexander Wang, Givenchy and Balenciaga worked with models' natural hair and allowed for some much-needed individuality. Our fave: Dominican model Lineisy Montero (above, left), who wore a baby afro with a simple jewel-covered barrette at Prada, her first-ever runway show.



Curly hair needs more TLC than any other type. Try Wonder Curl Restoring Deep Treatment ($27) or Kérastase Paris Serum Solide Elixir Ultime ($38). For details, see Shopping Guide.

CANADA ELLE

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No purchase necessary. Contest starts March 31, 2015, and ends May 10, 2015. Contest is open to all legal residents of Canada (excluding Quebec), 19 years of age or older. There is one (1) grand prize available to be won. Total estimated value is $6,000 CDN. Prize value depends on winner's location and distance they travel to fulfill prize. Winner and guest must agree to travel on same itinerary and have valid travel documents before they can be declared the winner. Trip must be taken by May 31, 2016. Odds of winning depend on number of eligible entries received. Visit **ELLECanada.com/colombia** for complete contest rules. Prize subject to change.

IF THIS COMPACT COULD TALK...

Foundation gets an upgrade via a new Korean-inspired cushion compact.



I'M SOPHISTICATED.

My creators were inspired by the explosion of "cushion compacts" in Korea. Like BB and CC creams before me, I'm a makeup/skincare hybrid: a super-light fluid foundation containing a serum-like hydrating formula. I'm also packed with ingredients like pine-needle extract and adenosine to play defence against dark spots and wrinkles.



I'M HIGH-TECH AND HIGH-PERFORMANCE.

Inside my shiny silver lid you'll find a velvety sponge applicator sitting on an airtight seal. Underneath is where the magic happens: A soft and bouncy cushion filled with thousands of air holes holds my fluid makeup. Bonus: I'm eco-friendly! When I'm empty, just pop out my base and refill me.



Lancôme Miracle Cushion Compact comes in six shades ($48 each). For details, see Shopping Guide.



I MAKE YOU LOOK GOOD.

Dab me on in the morning, around 11 a.m., when that cute courier guy comes by your desk, and again around 5 p.m., when you're getting ready for post-work drinks. Miky, the official makeup artist for Lancôme Paris, calls me the "touch-up queen" because I melt into the skin. (There's a reason they called me "Miracle," people.)

I'M REALLY CHILL.

My smooth sponge disc is one of the main things that differentiate me from BB and CC creams. It's made of polyurethane—the diving-suit material—and its insulating qualities help keep my creamy fluid cool while it's being applied (unlike when you use your fingers, which actually heats it up). As the water and volatile oils in my formula evaporate, it activates skin's natural microcirculation, reducing temperature by up to two degrees.

I'M TOTES POPULAR.

Not to brag or anything, but everyone wants to sit with me. Pillowy-soft cushion compacts like me burst onto the Asian market around 2008 and are now the top-selling beauty product in Korea. It's estimated that cushion compacts make up over 30 percent of the region's foundation market. □

TEXT BY KRISTEN VINAKMENS; GEOFFREY ROSS (COMPACTS); IMAXTREE (MODELS); ISTOCK (CORAL)



What's your most stubborn make-up most afraid of?



This.



And for good reason.

All-in-One Make-up Removing Cleansing Wipes erase 99.3% of your most stubborn make-up, even waterproof mascara, with just one towelette.

The leading competitors don't come close†. And our patented formula is as gentle as water to the eyes.

Nothing works better.

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#1 DERMATOLOGIST RECOMMENDED*

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*Adult skincare brand in North America, excl. Mexico
†In vivo test, make-up removal after 15s

DOUBLE TAKE
Simmonds painted look-at-me lines using YSL Beauté Couture Mono Eyeshadow in Zellige and Orient ($34 each). On Senait (left): Silk dress (Versace) and rose-gold-plated brass, pearl and crystal earring (Vita Fede). On Dauphine: Silk top (Versace) and rose-gold-plated brass and crystal earring (Vita Fede)





SUPERHERO MAKEUP: DO IT ALL & KICK ASS

PHOTOGRAPHS BY OWEN BRUCE · MAKEUP BY LLOYD SIMMONDS · BEAUTY DIRECTION BY VANESSA CRAFT

LLOYD SIMMONDS As creative director of makeup for YSL Beauté, the B.C. native knows a thing or two about high-impact makeup. (Remember those YSL ads with Cara Delevingne?) During this shoot, Simmonds listed a diverse range of influences, from the morning light on his drive through Toronto to the faces of the models. "If you keep your eyes open, no matter where you go, you can find something in the world that is inspiring; there is beauty everywhere," he told us. We'd say he's certainly doing his part to make that true.



KNOCKOUT Go rich or go home. For this inky look, Simmonds layered YSL Beauté Rouge Pur Couture Lipstick in Noir Laque ($39) and YSL Beauté Gloss Volupté Lip Gloss in Pure ($35). For a flash of metallic, try YSL Beauté La Laque Couture Nail Polish in Dore Orfevre ($27). Gold-chain headpiece (Culietta)



PUNCHLINE For a take-no-prisoners eye, Simmonds used YSL Beauté Effet Faux Cils Crème d'Eyeliner in Deep Black ($34) and YSL Beauté Couture Mono Eyeshadow in Argane ($34). Hair gets a glasslike polish with Redken Shine Flash 02 Glistening Mist ($20). Long-sleeved matte drape dress with cut-outs (Tom Ford), plastic bra (Lovesick) and plated-brass stripe choker (Bond Hardware)



RED ALERT Get lippy in YSL Beauté Rouge Pur Couture Lipstick in Le Rouge ($39). For nails, try YSL Beauté La Laque Couture Nail Polish in Noir Primitif ($27). Leather bustier and shorts (Moschino), gold-plated brass and natural-onyx choker, 24-karat-rose-gold-plated brass and natural palissandro-wood necklace, gold-plated brass and crystal cuff, rose-gold-plated brass cuff and pearl cuff (Vita Fede), graphic gold-plated metal rings (Laruicci) and gold star ring (Maria Piana)



STARE DOWN Brows mean business in YSL Beauté Dessin des Sourcils in Ebony ($32). Lighten things up with YSL Beauté La Laque Couture Nail Polish in Bleu Majorelle ($27). Nylon top (Ohne Titel), silver-plated brass, natural-onyx and jasper earring (Vita Fede) and latex choker (Atsuko Kudo). For details, see Shopping Guide. Models, Dauphine & Senait (Elmer Olsen Model Management); hair, Tony Masciangelo (P1M.ca); nails, Leeanne Colley (P1M.ca); stylist, Juliana Schiavinatto (P1M.ca); stylist's assistant, Elaine Jyll Regio; beauty editor, Katherine Flemming; art direction, Brittany Eccles





SLICK MOVES Canada's own Aritzia is well known (and loved) for its crazy-flattering leggings (they're constantly being restocked), so we're certain its new in-house sportswear brand, Parklife (from $25, aritzia.com), will be snapped up in a flash. The collection boasts five different pairs of leggings in varying colour combinations. (See the printed Stride Leggings, $45, in a rainbow range of painterly splashes.) Think flatlocked seams, knit mesh panels and, of course, the brand's signature wide waistband, which won't cut you while you're twisting and bending. In other words, they're muffin-top-proof.



TIME ZONES Research suggests that there's a smallish—24 to 36 hours, actually—window for conceiving during each cycle, which can be frustrating for some women. The First Response Daily Digital Ovulation Test ($75 for 20 tests, firstresponse.com) works the same way a pregnancy test does but measures the amount of luteinizing hormone (which indicates when you are most fertile and triggers ovulation) in your body based on your own personalized baseline. The company claims 99-percent accuracy if you begin testing at the start of your cycle. Check out page 94 for our series of essays on motherhood.

BODY NEWS

ADVANCED PLACEMENT

Swift changes for a seamless spring.

BY KATHERINE FLEMMING



NEW BREW The new health elixir poised to knock coconut milk off its pedestal is bone broth (or stock, as chefs have been calling it for years). The warmed animal-based bev has been credited as a flu-fighting immune booster that aids digestion, increases joint flexibility, builds collagen and strengthens weak nails and brittle hair. At Brodo in NYC, three different blends (chicken, turkey and beef) command lineups that rival boutique espresso bars (and customers can sip them like lattes throughout the day). In Vancouver, Bone Broth Bar offers six different broths to go (in coffee cups, natch) that can be garnished with herbed butter, lime-chili oil and fermented egg yolk. Try it in Toronto at Tsampa Cafe. Bone-broth (and hard-bodied) fans include Gwyneth Paltrow, Kobe Bryant and LeBron James.



ELLE ♥ LOVES The Opus Women's Classico 1.0 bike ($700, opusbike.com), with its elegant frame and opaline-green finish. This lightweight, chic ride is the ultimate city bike—whether your adventure involves a waterside concert or hipster watching in the park. ☐

GEOFFREY ROSS (OVULATION TEST)

NEW

Gillette® Venus® Swirl™



FOR A FLAWLESS SHAVE.





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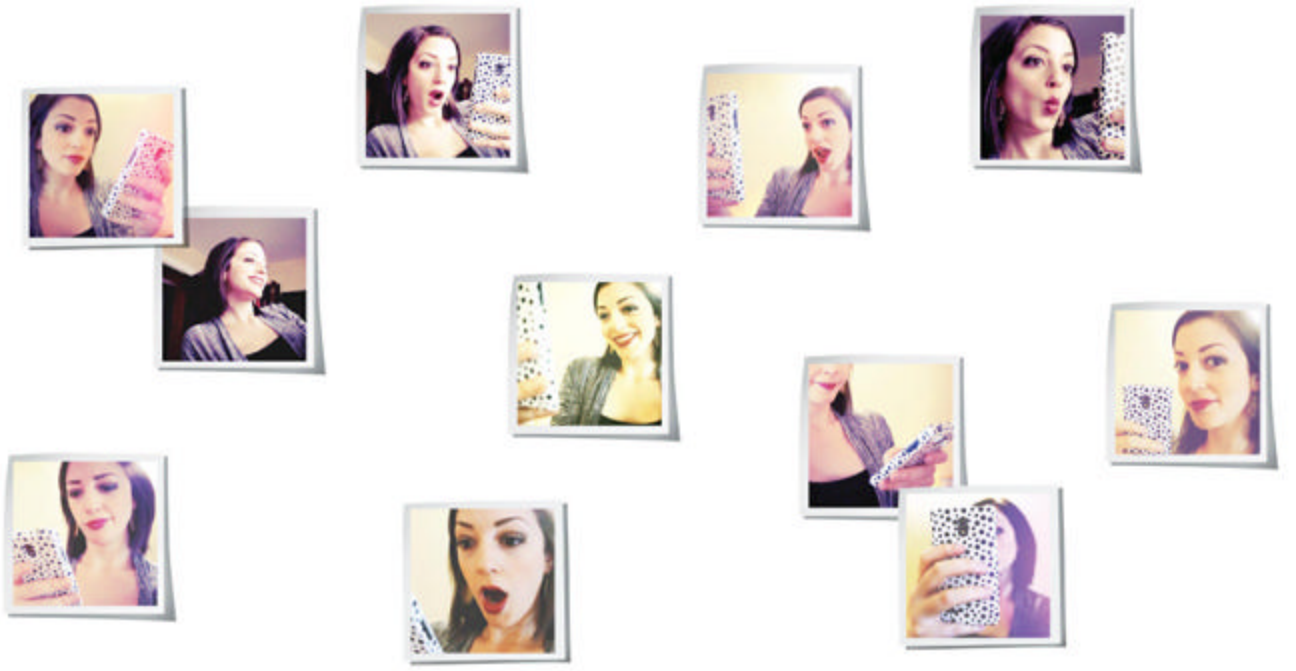
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#LIFEREBOOT

UNPLUGGED

Stephanie Gilman attempts a social-media detox. Can she survive?

Hi, my name is Stephanie and I'm a social-mediaholic. I spend more time than I care to admit tweeting, Facebooking and Instagramming—there have been times when I've even, shamefully, brought my phone or laptop into the bathroom to avoid falling a few minutes behind on what is happening in the fast-paced microcosm of my social networks. But as I continue on my quest to reboot my life, it struck me that a social-media vacation might be just the ticket for finding some inner peace.

I spent two weeks without signing in to my social-media accounts. At first, I was filled with anxiety and regret over deciding to take on this challenge; even one day without scrolling through my news feed felt like torture. But by the end of it, I had a profound realization: The problem is not with using social media; it's how we use it. Social networking seems to get a bad rap. Studies suggest that it can have a negative impact on mental health, causing us to feel sad and lonely. But I've learned that if we all follow a few simple rules, we can navigate the murky waters of the social-media world and come out on top. Here are six key lessons I learned:

1 STOP COMPARING. A large part of my motivation for doing a digital detox was to escape from the non-stop barrage of happy narratives—people buying houses I could never afford, taking lavish European vacations, attending exclusive social events with their fancy, good-looking friends. The envy I felt as I read about everyone's seemingly perfect lives was even more pronounced when I was stuck inside, dealing with the awful effects of cancer treatment. I wanted to kick and scream whenever people posted photos of themselves sitting on a beach. (Actually, I was jealous of pretty much anyone who was doing anything other than sitting with his or her head in a toilet.) It's easy to feel inadequate when everyone uses the Internet to represent their ideal self. But that's all it is: a representation, not reality.

2 DON'T MEASURE YOUR WORTH IN LIKES AND STARS. One of the first panicked thoughts I had at the beginning of my social-media cleanse was "What if I lose all my followers?!" (@steph_rebecca and passmeanothercupcake.com) The thought of losing my "fans" and not being validated by people liking my posts initially filled me with dread. But after I returned to my networks, I saw that everyone was still there, liking and starring as they had before. And you know what I realized? ▷

COURTESY STEPHANIE GILMAN

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48HR + NO WHITE MARKS

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*vs. Crest 3D White toothpastes. Crest 3D White Brilliance Toothpaste fights cavities.
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ELLE CANADA

Check out Stephanie's other challenges at **ELLECanada.com/life reboot**.

3 NONE OF IT MATTERS. The number of followers or retweets you have on Twitter has no bearing on who you are as a person. I feel much more satisfaction and happiness when someone pays me a genuine compliment in person than when I get a heart on an Instagram photo. And, honestly, years from now, when someone is writing your eulogy, do you think they'll mention the number of Facebook friends or retweets you had as your greatest achievement? Most likely not.

4 UNFOLLOW AS NEEDED. Sometimes I find my body tensing when I see a status update about something political that I disagree with or someone complaining for the 10th day in a row about a mild case of sniffles that is ruining his or her life. Instead of dropping out entirely, you can take control by unfollowing/unsubscribing from the people and posts that upset you. Within moments of coming back online after my two-week detox, I saw what is commonly a triggering type of "share" for me: a photo of a young couple I barely know announcing their new baby and proclaiming parenthood to be "the best thing ever!" You might think that my aversion to such posts makes me a horrible person. But photos of new babies remind me that I can't have one right now, and might never be able to, due to my cancer treatment. A happy moment in someone else's life is an upsetting reminder of an empty hole in my own. So when I saw that photo of the happy couple and their shiny new baby, what did I do? Did I stare at it, obsess and have a meltdown? Nope. I clicked. Hide and unfollow. The parents still have their baby, and I get to keep my sanity. Everyone wins.

5 EMBRACE CONNECTION. During my social-media break, I began to really miss the online community. I felt left out of conversations and behind on current issues. Watching award shows and episodes of *The Bachelor* without the witty commentary of Twitter made those experiences less enjoyable. I missed out on important moments in friends' and family members' lives—not being notified of engagements, birthdays, new jobs and other milestones. I also missed my "cancer friends"—other young adults I've met on social media who are dealing with cancer and share in my experience. My time away made me appreciate the immense feeling of community I get from connecting with others.

6 TAKE A BREAK. As much as social media can be a good thing if you use it properly, it's still a good idea to log out, power down and take a break from time to time. Not checking my phone incessantly for notifications allowed me to fully engage with what I was doing, whether it was waiting for a friend in a restaurant or riding the bus. There's something to be said for not walking around with your eyes glued to a screen. (You'll also find that you walk into fewer poles on the street—an added bonus.) So every once in a while, leave your phone at home, be in the moment and experience life outside of 140 characters. I promise you: If I can survive to tell the tale, you can too. ☐

CHALLENGE #9 Next month, Stephanie shares the struggle she experienced when she returned to work after her treatment and found she no longer felt satisfied with her career. She left her job—one she loved before she was diagnosed with cancer—to start over. Has she found her way?

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YouTube Star

Gigi's Top 5 Get Gorgeous Tips

We asked YouTube star and beauty aficionado Gigi Gorgeous how she stays looking camera-ready. She gave us her top new must-haves and tips to make sure you're always putting your best face forward:

1 Whiter Teeth

Most people believe that having a white smile impacts how others perceive them – and I do too! My new favourite beauty secrets for giving my smile added shine are the new Crest® 3D White™ Brilliance Toothpaste and Boost routine. A must try!



Crest® 3D White™ Brilliance toothpaste fights cavities.

2 Lipstick

Depending on my mood, I go for anything from a deep plum to a fun and flirty pink. My favourite lipstick for this season is COVERGIRL® Colourlicious #335 in Tantalize.

3 Mascara

I LOVE mascara! This is my solution for a quick beauty pick-me-up. If I need something to perk up my look and have no time, a good mascara always does the trick.



4 Foundation

The recipe for a flawless canvas is a good foundation. I like to warm mine up in my hands to make sure it goes on smooth and doesn't give me a cakey look.

COVERGIRL® Ready Set Gorgeous Foundation

5 Make Up Remover

Waking up with a fresh face helps me start fresh for the day! Always be sure to take off your makeup before bed. I use Olay® S'wipe Out Refreshing Makeup Remover wipes before I hit the sheets.



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Beauty experts like Gigi Gorgeous know that Shoppers Drug Mart has the latest and greatest products to keep them looking their best. Crest® 3D White™ Brilliance Boost has 3X the stain-lifting ingredient*and is a concentrated formula that is a great complement to your usual toothpaste.

*vs. Crest® 3D White™ Toothpastes.

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FIAT 500

*As good as 7.6 L/100 km city. Based on 2015 EnerGuide fuel consumption ratings for FIAT 500 equipped with the 1.4L MultiAir® I-4 engine and five-speed manual hatchback. Your actual fuel consumption will vary. Ask your retailer for EnerGuide information. ^Starting at price of 2015 FIAT 500 Pop. Starting from price of FIAT 500 Sport model shown: $19,895. Freight ($1,695), retailer fees, taxes and other charges extra.

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The exotic set at Chanel's s/s 2015 Haute Couture show

WELCOME TO THE JUNGLE

What will you discover?



TREASURE HUNT Our managing editor discovered these handmade raku-fired eggs at the tiny Kogga Ceramic Studio (kogga.is) in Reykjavik, Iceland.



EDITOR'S POV Who doesn't like an Indiana Jones-style quest for hidden treasures? When I travel, I go on my own international Easter-egg hunt. I'm not a big fan of amassing "souvenirs"—in the traditional sense of T-shirts and key chains—but since I make Ukrainian Easter eggs and collect all kinds of decorative eggs, the unusual diversion is a fun mini-adventure for me wherever I go. I've uncovered them in places like the Czech Republic, Israel, India, Kenya and even Iceland. For me, they're beautiful reminders that the world is full of all kinds of unexpected places and pursuits (and little treasures!) just waiting to be discovered. **CHRISTINA REYNOLDS**

IMAXTREE (CHANEL SET); GEOFFREY ROSS (EGGS)



LOST & FOUND

A steamy jungle trek to Colombia's Lost City: Who can resist that kind of adventure? BY NOREEN FLANAGAN

The 50-kilometre path to Ciudad Perdida wends its way through the Sierra Nevada de Santa Marta, a UNESCO Biosphere Reserve. It's considered the highest and most ecologically diverse coastal mountain range in the world.

When I set out on a four-day hike through a tropical rainforest in Colombia, I didn't expect to experience an on-trend beauty moment. Who knew that all it takes is a heart-pounding, butt-crunching climb through the rugged Sierra Nevada mountains to look exactly like one is ready to walk Marques'Almeida's fall/winter 2015 runway? Duffy—a Vidal Sassoon ambassador and the mastermind behind the "alt-beach" wave look—said that he imagined the girls "were out all night dancing, sweating a lot, and put on a hat, fell asleep on the bus home and then took the hat off."



MARQUES'ALMEIDA

In my case, I wasn't having a '90s-redux moment; I was walking a 50-kilometre trail to the Ciudad Perdida, or "Lost City." I was sweating—a lot—and I was wearing a hiking hat, but it was about as hip as Stephen Harper lip-synching a Lady Gaga tune. (Can you imagine?) As for my sleeping arrangements, well, I slept on a hammock, shrouded in mosquito netting, hung in a tin-roofed open shelter. And when I took off that hat—a necessary accessory to avoid getting sunburned or infested with ticks—let's just say that I had to embrace my inner Jungle Jane.

My sister, Jean, describes hiking as a "tabula rasa," or reset moment, when the only thing that matters is putting one foot in front of the other. That's exactly the meditative state I was in when, two days into the hike, we arrived at the foot of the 1,200 stone steps we'd be climbing to reach the Lost City. The pre-Incan site was built around AD 800 but abandoned four centuries later during the Spanish conquest. It was rediscovered by some local treasure hunters in the 1970s. The Colombian government eventually took control of the site, and gradual restoration began—despite occasional skirmishes with armed guerrillas. Unlike with Machu Picchu, which attracts more than a million tourists each year, only 8,500 or so adventurous types complete the trek annually.

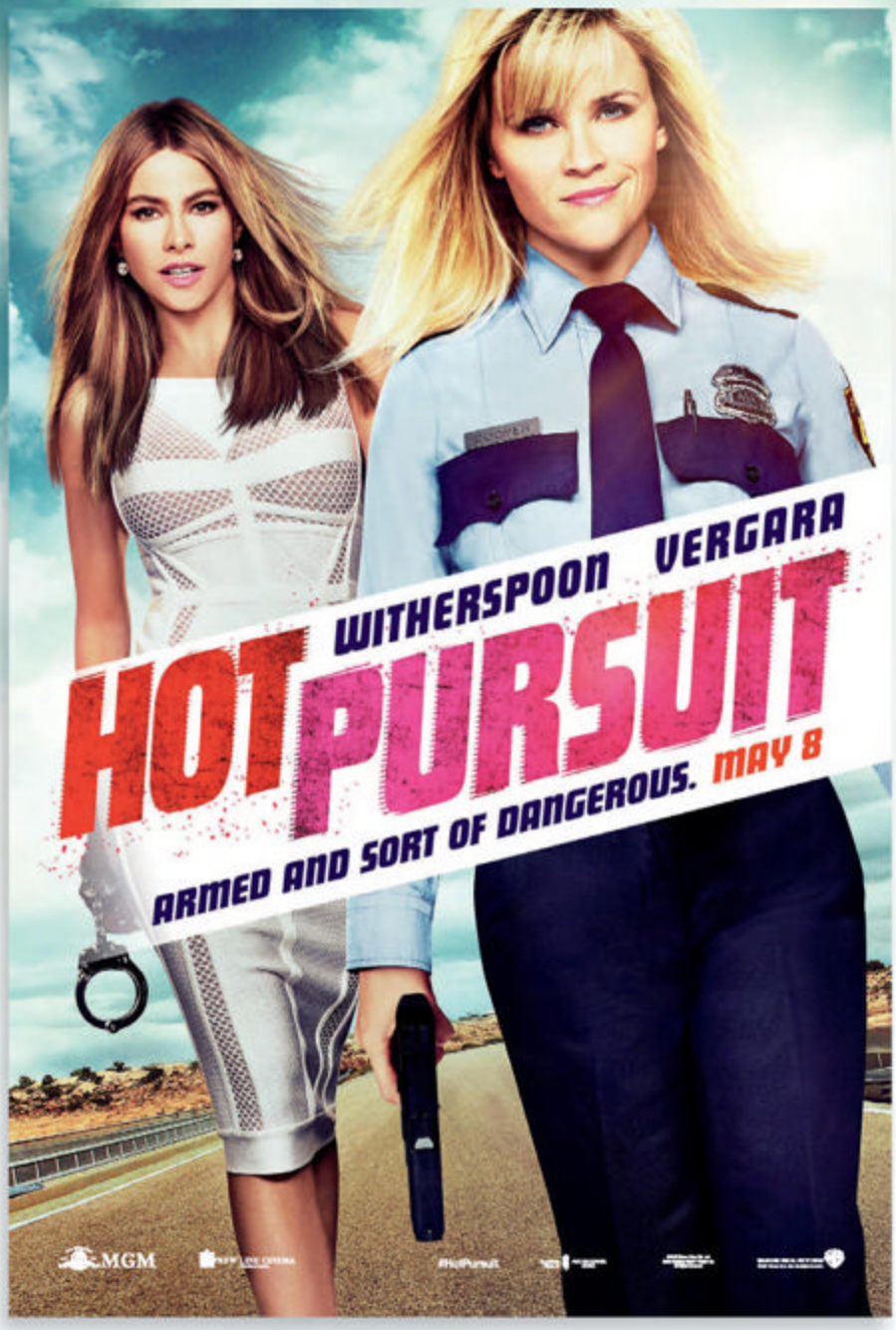
Before I started to climb the steep column of mossy stone steps—which were shaded by a canopy of giant trees draped in bromeliads and dangling lianas—my guide, Carlos Pinero, cautioned me to be careful. #understatement.

The first thought that entered my mind was that the Tairona Indians who once inhabited this place had tiny feet! More than half of my size 9.5 hiking boot was hanging off the edge of the worn-smooth stone. "Being in the moment" isn't just a sentimental thought in instances like this: For the next 45 minutes, I could only focus on where I placed my feet and hands as I scrambled my way up the cliff. I couldn't look behind me, and I couldn't look ahead. I felt rivulets of sweat meandering their way down my back like raindrops on a windowpane. Each breath I took was deep (okay, slightly laboured), and ▷

GLENNIS O'NEILL (CIUDAD PERDIDA); IMAXTREE (RUNWAY)

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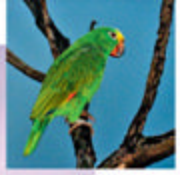
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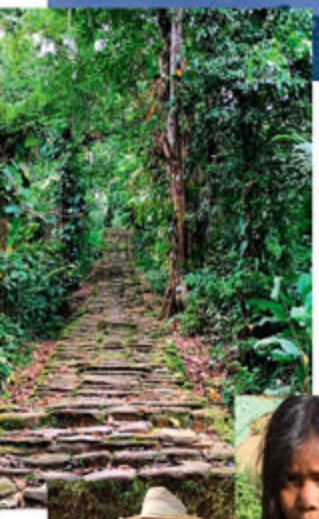
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Morning mist on the Sierra Nevada de Santa Marta mountain range; a friendly parakeet









The 1,200 steps leading up to the Lost City; a child and man from the local Indigenous Wiwa tribe

there was this delicious burn happening at the backs of my thighs.

Then there was the endorphin rush that I experienced when the ground levelled before me and I reached the site. After catching my breath, I could take in the remarkable beauty and diversity of this remote mountainous setting. Before going on the hike, I read all kinds of stories that mentioned encounters with mosquitoes, ticks, deadly spiders, unspeakably horrifying bugs and—my favourite—venomous snakes. I'm sure they all exist, but I only saw hummingbirds, parakeets and iridescent-blue butterflies. It didn't even rain—just a gentle mist that hung over the mountaintops in the early morning. And there was the constant jungle soundtrack—bird sounds that made me wish I had an avian Shazam app.

There isn't much that is known about the Lost City, and all that remains are the 200 terraces that have been excavated, but Carlos—a masterful storyteller—soon had us imagining what life was like for the farmers who lived here under the watchful eye of the all-knowing shaman. In many respects, the local *indígena* encountered on the trail offer a glimpse into the lives of their Tairona ancestors. There are four tribes who live in the mountains: the Arhuaco, Kogi, Kankuamo and Wiwa. They are rather indifferent toward the interlopers on their land, but they occasionally stopped to chat with our guide. Their homes are circular thatched-roof huts, and they dress entirely in white. (No small sartorial feat when one lives in a muddy jungle.) Carlos told me that the tribes wear white because they believe that they are entrusted with protecting the earth and white reflects the purity of that responsibility.

The men wear their hair either long or in Jared Leto-like man buns, and their uniform—a cotton tunic and pants—is very Mao meets jungle. They also carry a straw satchel containing a supply of coca leaves and a hollowed-out gourd, called a *poporo*, filled with crushed seashells. They chew the leaves and the powder from the alkaline shells together, which produces a mild stimulant effect. The women, who are often barefoot, wear simple cotton dresses and multiple beaded necklaces. The children, more than the adults, tend to seek out encounters. They're stoic, and it takes some effort to make them smile.

That night, after descending from the Lost City, we settled in for our final night on the trail. The searing humidity had receded, and there was enough of a chill at this elevation that I loosely wrapped a scarf around my head. I checked my mosquito net for holes, scanned the sheets for spiders—all good!—and then drifted off as I listened to the frog serenade. ☐

ENTER TO WIN a $6,000 trip for two to Colombia. Go to page 155 for details and enter online at **ELLECanada.com/colombia**.

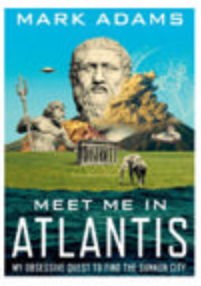
OFF THE BEATEN PATH *Three more lost cities to discover.*



CHOQUEQUIRAO Often called "the other Machu Picchu," this 15th-century Peruvian citadel, which is spread across 1,800 hectares, is just as striking as its nearby sister city—but much less touristy since it requires a four-day hike to reach it.



SHI CHENG You'll need scuba gear to explore the 265 stone arches of this 12th-century "Lion City" near Shanghai because they're underwater in Thousand Island Lake, which was formed by a hydro dam in 1959.



ATLANTIS Is this famed underwater city really lost or is it the ultimate mythical hoax concocted in ancient Greece by Plato? Writer Mark Adams sets out on a global journey to find out in his new book, *Meet Me in Atlantis*.

"OFF THE BEATEN PATH" BY CHRISTINA REYNOLDS; GLENNIS O'NEILL (COLOMBIA IMAGES); GETTY IMAGES (CHOQUEQUIRAO & SHI CHENG)


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QUEEN BEES

A mother-daughter team is building a buzzing community in East Vancouver.

BY GUY SADDY

As hundreds of bees dart around her, beekeeper Julia Common, assisted by her daughter, Sarah, gingerly removes a wooden frame from an active beehive before carefully passing it to Sean, who stands nearby. The frame is crawling with insects; it seems almost a living thing. For someone who has never handled bees before, Sean, a first-time volunteer with Hives for Humanity (H4H), is incredibly calm. Even so, he must be careful.

"Vibrations mean that you've made a mistake," says Julia. "We'll know very soon if they're aggressive or not."

"I'm sure that they'll let me know," says Sean.

A few metres away is a well-tended vegetable garden and, next to it, a pollinator garden. Designed for the 30,000-odd bees in these hives, it's filled with a wide variety of plants, from lavender and mustard to sage, lupine and clover. This, one might think, is a classically bucolic rural scene.

Except it's not. Surrounded by graffiti-scarred buildings, the Hastings Urban Farm is located on a vacant inner-city lot in Vancouver's problem-plagued Downtown Eastside, a place that is littered with trashed dreams and used ▷

NATASHA V


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Hives for Humanity bees build their honeycomb nests; Julia (far left) and Sarah Common at one of H4H's 34 Vancouver sites; the Vancouver Convention Centre's 2.4-hectare green roof includes an apiary that can house up to 60,000 bees.

syringes. Here, H4H provides residents of what is often referred to as "the poorest postal code in Canada," many of whom are living with addiction and mental-health issues, with the opportunity to turn the soil and tend the bees—and, more powerfully, cultivate a sense of belonging and self-worth.

Founded in 2012, H4H is the brainchild of Sarah Common. Born in Quebec and raised in Scotland, Sarah, 30, first arrived in the Downtown Eastside in 2006 when she was a University of British Columbia agriculture student with an interest in "food security"—the provision of safe, nutritious and affordable food. With its myriad afflictions, the Downtown Eastside proved to be a huge challenge: Poverty, homelessness, addiction and mental-health issues are all barriers to implementing effective food-security protocols.

"We came in thinking that we could increase the nutritional content of the meals being served by connecting the community to untapped sources of fresh food," explains Sarah. "But what I found was a lot more than I expected." And a project that would clearly take longer than a semester to complete. "I felt that as students we had taken a lot more than we had given," she says. "I wanted to repay that debt, so I kept on volunteering and got more and more involved."

This didn't sit well with her mother, Julia, 62, who, in addition to having a similar academic background, had become transfixed by beekeeping when she was a young student at McGill University. Like many, she regarded Vancouver's Downtown Eastside as violent and dangerous. "I'd been trying to get Sarah out of here her entire adult life," says Julia, an active beekeeper for four decades. "I would come down here for drinks or dinner and hold onto her as if I were in the world's worst place."

In 2012, while thinking of ways she could help bring a sense of healing and purpose to the community, Sarah hit on an opportunity to reconcile her work—and an afflicted community's needs—with her mother's lifelong passion for apiculture. "The bees," she says, smiling, "were a way I could do that, and I had this asset in my back pocket." One day, she broached the idea with her asset. "We were having coffee at my favourite café," she recalls. "I said, 'Hey, wouldn't it be nice if we could do something meaningful together?'" Somewhat reluctantly, Julia signed on.

Armed with an initial $2,000 investment from the Portland Hotel Society, a local non-profit for which Sarah worked at the time, they established their first hive (still a going concern) at the Hastings Folk Garden, another reclaimed lot a few blocks east of the ▷

THE BENEFITS OF URBAN BEEKEEPING

While some cities restrict backyard beekeeping (and others, like Toronto, don't sanction the practice but tend to turn a blind eye), Vancouver has officially embraced urban apiaries in its quest to become a sustainable city. (This is a significant departure from a few decades ago, when urban beekeeping was banned.) To that end, Vancouver has developed a set of beekeeping guidelines; in addition, all backyard hives must be registered with the provincial government, which counts 2,400 registered beekeepers in British Columbia.

Although it may seem like West Coast flakiness–this is, after all, a city that allows residents to keep chickens in their yards–there are solid reasons to encourage backyard beekeeping. Since a colony's food sources in a city are more consistent than in rural areas, urban bees are usually healthier than their country cousins. As a result, city bees are efficient pollinators and an important part of promoting the healthy growth of vegetable gardens and other flora–a desirable outcome for Vancouver, generally. For the past decade, bee colonies have been dying at a rate of about 30 percent a year across the globe. In

COURTESY HIVES FOR HUMANITY (HONEYCOMB & JULIA AND SARAH COMMON); COURTESY VANCOUVER CONVENTION CENTRE; GETTY IMAGES (BEES).

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Gain flings! are #MusicToYourNose



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Like any household detergent, keep away from children.





Hastings Urban Farm. Today, about 190 volunteers help H4H maintain a network of 34 apiaries. Some of the volunteers are regular, some are not, but all derive a sense of purpose from, say, tending the pollinator garden or cleaning the drone frames. New moves include a recently launched retail outlet on nearby Powell Street. Called "Bee Space," its hexagonal shelves are filled with beeswax candles, lotions and salves, and, of course, H4H's own honey—the sale of which helps offset at least some of the project's operating costs. It hasn't been completely smooth sailing, however. In 2013, in the wake of widely reported spending irregularities at the Portland Hotel Society, H4H was one of the affiliated social enterprises singled out as being a waste of taxpayer dollars—unfairly, say those who work with H4H.

At this juncture, H4H's future is far from certain. The city-owned land won't be available forever; it's simply too valuable, and local housing pressures are too great. (The land is currently leased from the city for a nominal annual fee.) That said, the Commons insist that the work is far too important to give up.

"We wouldn't let that happen," says Sarah. "It's unthinkable. At worst, we would reduce our hives." Her mother agrees. "You don't want to stop something like this," reflects Julia. "And, you know, we make great honey." ☐

A SWEET GETAWAY From June through September, Vancouver's Loden Hotel is offering a "Honey I Helped the Bees" package. Check in to a stylish suite stocked with honey-infused snacks before you are whisked off to Milross Garden to spend an afternoon with Hives for Humanity's beekeepers and taste fresh honey (which you'll also take home).Twenty dollars from every booking goes toward Hives for Humanity (from $449 a night, double occupancy, theloden.com).



A BUZZWORTHY BAG Two family gardens in rural Ontario inspired the latest collab for Holt Renfrew's socially conscious H Project shop. Alexandra Weston, director of brand strategy for Holt Renfrew, credits her family's Caledon farm, while Ela handbag co-founders Ela and Martin Aldorsson cite Ela's mother's sprawling garden near Cambridge. Both played key roles in inspiring the idea for the ranunculus-print canvas and vegan-leather Editor's Pouch. "Our garden keeps my family close to food and bees," say Weston. "We have a veggie garden, as well as a flower garden that we grow specifically to attract bees," she says. The bag, which was created in partnership with Burt's Bees, comes with three of the brand's new Lip Crayons (Carolina Coast, Hawaiian Smolder and Napa Vineyard). Only 2,000 limited-edition bags will go on sale at Holt Renfrew on May 1—and, thanks to the backing of Burt's Bees, 100 percent of the $50 price tag will go to the non-profit Pollinator Partnership Canada, which works to protect pollinator ecosystems. "I like to think of the pouch as a flower party you can take from day to night," says Ela. "It celebrates the environment that bees thrive in."

Canada, 58 percent of Ontario's bee colonies did not survive the winter of 2013/'14, and the average loss across the country was 25 percent, according to a survey by the Canadian Association of Professional Apiculturists. While the kinds of problems that plague commercial beekeeping enterprises—colony collapse disorder, for example, which may be the result of a perfect storm of parasites, poor nutrition and the use of pesticides—can't be easily solved, promoting healthy urban colonies can, to an extent, act as a counterbalance to the losses.

There are hives throughout Vancouver, some in very unusual places. On the rooftop of the Fairmont Waterfront Hotel, an apiary produces over 272 kilograms of honey annually, which is used to create everything from desserts and chocolates to cocktails and a house-made lager. There's another large apiary amid the grasses and plants that make up the Vancouver Convention Centre's living roof. High-end-furniture retailer Inform Interiors keeps bees on the rooftop deck of its Gastown-area flagship. And, appropriately for a government that has embraced apiculture, you'll also find hives on the roof of Vancouver's civic headquarters—making it a fitting sight, perhaps, for residents who've ever felt stung by City Hall.

"A SWEET GETAWAY" & "A BUZZWORTHY BAG" BY CHRISTINA REYNOLDS; COURTESY THE LODEN HOTEL (BALCONY & ROOM); COURTESY HOLT RENFREW (EDITOR'S POUCH); GETTY IMAGES (BEES)

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HELP FOR YOUR HAIR

I panicked... My hair was thinning

Maya was shocked by the change in the appearance of her hair. Fullness and volume were replaced by thinness and lifeless hair. "I had to do something about it"



Model image

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. I didn't even recognize my own hair. How could this happen?"

Had to do something

"I found out my mother experienced the same problems. When she was quite young, her hair changed. It lost the appearance of fullness and vibrancy. It was never the same. She felt helpless and resigned to her fate.

Much of my personality is in my hair, and I did not want to have the same problem. I had heard about the importance of nutrition for healthy hair, so I decided to focus on the inside rather than on the outside."

My hair feels fuller

"I started to take Hair Volume to improve the health of my hair. I have now used Hair Volume for 2 months and I am really satisfied with the product. My hair feels full and healthy and even my nails feel stronger. This is proof to me that proper nutrition on the inside helps you look your best on the outside. I highly recommend it."

Maya N., Sweden



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ELLE HOROSCOPE

by Georgia Nicols

taurus
(APRIL 20 – MAY 20)

Ta-dah! Once a year the Sun is in your sign, recharging your batteries for the next 12 months—and that time has arrived. This is why you attract important people and favourable circumstances to you. Life is fortunate for you this month. Take notice of the beauty in your daily surroundings and how much love there is in your daily world. It's miraculous.

gemini
(MAY 21 – JUNE 20)

On May 11, fiery Mars will enter your sign for the first time in two years, igniting your energy and making you more assertive. You won't hesitate to fight for your rights. Mars will also boost your sex drive and your zest for life. You will love shopping for beautiful things for yourself and loved ones this month. Meanwhile, in quiet moments, take time to plan your year ahead.

cancer
(JUNE 21 – JULY 22)

You feel friendly and sociable this month, which is why you want to schmooze. Accept invitations and extend them to others as well. Not only will you have a good time but your interactions will benefit you in many ways. Venus in your sign this month makes you sweet and attractive. This is a great month to treat yourself to pretty wardrobe goodies.

leo
(JULY 23 – AUG. 22)

This is the only time all year when the Sun is at the top of your chart, which makes others notice and admire you. Take advantage of this wonderful influence and go after what you want; doors will fly open. Although you might be at odds with a friend or in competition with someone in a group, relations with authority figures are great.

virgo
(AUG. 23 – SEPT. 22)

You need to escape. You want adventure and a chance to learn something new. Break free from your daily routine to discover more of life. Now is the time to sign up for a course, go back to school, travel and talk to people from other countries. Friendships are warm; in fact, a friend could become a lover. Explore your world.

libra
(SEPT. 23 – OCT. 22)

Your attention is on inheritances, insurance matters, taxes and shared property this month, but, on a deeper level, you want to improve yourself. You want to be the best you can be. People in power will sense this about you and be impressed. In fact, romance with a boss is possible. (When anyone decides to empower themselves, it shows.)

scorpio
(OCT. 23 – NOV. 21)

You need more sleep this month. Accept this; take naps and go to bed earlier. Meanwhile, your focus on partnerships and close friendships will be intense. This is, in part, because your sex drive is aroused, but it's also because romance with someone from a different background is likely. Travel for pleasure if you can.

sagittarius
(NOV. 22 – DEC. 21)

Give yourself every tool, item and gizmo you need to get better organized. Make a to-do list about what you want to achieve. You want to not only feel more in control of your life but also improve your health. Meanwhile, gifts, goodies and favours from others will come your way. This is a good time to apply for a loan or mortgage.

capricorn
(DEC. 22 – JAN. 19)

You want the freedom to be yourself this month. You want to play, flirt and indulge your creative impulses. Party every chance you get. Enjoy the company of others. Make time for sports events, the theatre, playful times with children and romantic rendezvous. A new flirtation will thrill you. Relationships with existing partners will be warm and tender.

aquarius
(JAN. 20 – FEB. 18)

It's a mixed bag this month. You want to cocoon at home and enjoy the peace and quiet of familiar surroundings, yet, at times, you will party hard and be active in sports and recreational events. (This includes new love and romance.) You might develop a crush on someone you work with. Why not redecorate or enhance your workspace as well?

pisces
(FEB. 19 – MARCH 20)

This month brings you a jam-packed schedule with short trips, increased reading and writing, lots of conversations plus a desire to enlighten others. Yes, you're busy! Increased activity and chaos at home will add to an already accelerated pace. On top of this, expect invitations to party and enjoy romantic outings and sports events. This is a happening month.

aries
(MARCH 21 – APRIL 19)

Money, cash flow and earnings have your attention now. You might spend money on a wonderful vacation; you might also have opportunities for financial speculation. Some will spend on home-decorating projects or playful activities with children, including sports events. All these fun options necessitate careful financial choices. "But I want them all!" ☐

ILLUSTRATIONS BY EMILIE SIMPSON

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Aldo aldoshoes.com. **Anna Sui** At select Shoppers Drug Mart locations, shoppersdrugmart.ca; Jean Coutu, jeancoutu.com; select Hudson's Bay locations, thebay.com. **Aquilano. Rimondi** aquilanorimondo.it. **Aveda** aveda.ca. **B**almain at Saks Fifth Avenue Beverly Hills At saksfifthavenue.com. **Bumble and Bumble** bumbleandbumble.com; at Sephora, sephora.ca. **C**artier cartier.com. **Carven** carven.com. **Chanel** chanel.com. **Charlotte Tilbury** At Holt Renfrew, holtrenfrew.com. **Chromat** chromat.co. **D**ean Davidson deandavidson.com. **Designers Remix** designersremix.com. **Diesel Black Gold** dieselblackgold.com. **Dries Van Noten** driesvannoten.be. **E**manuel Ungaro ungaro.com. **Emilio Pucci** emiliopucci.com. **Éminence** eminenceorganics.com. **Erdem** erdem.com. **Essie** At drugstores and mass-market retailers. **Estée Lauder** At esteelauder.ca; at Sephora, sephora.ca. **F**ilippa K filippa-k.com. **First Response** At drugstores and mass-market retailers. **G**lamglow At Sephora, sephora.ca. **H**aus of Topper hausoftopper.com. **Hermès** hermes.com. **J**acquemus jacquemus.com. **Jean Paul Gaultier** jeanpaulgaultier.com. **Jenny Bird** jenny-bird.com. **Jeremy Scott for Adidas Originals** At Hudson's Bay, thebay.com. **Jergens** At drugstores and mass-market retailers. **John Frieda** At drugstores and mass-market retailers. **Juicy Couture** At Sephora, sephora.ca. **Just Cavalli** robertocavalli.com. **K**érastase kerastase.ca. **Kiehl's** kiehls.ca. **Klorane** At drugstores and mass-market retailers. **L**ancôme At Lancôme beauty counters, lancome.ca. **Lanvin** lanvin.com. **Laura Mercier** At Holt Renfrew, holtrenfrew.com. **Leticia Linton** lbldesign.com.br. **Le Vian** levian.com. **L'Oréal Paris** At drugstores and mass-market retailers. **L'Oréal Professionnel** loreal.ca. **Louis Vuitton** louisvuitton.com. **Lulu DK** luludk.com; at La Maison Simons, simons.ca; Chapters Indigo, indigo.ca. **M**.A.C mac cosmetics.ca. **Maison Martin Margiela** maisonmartinmargiela.com. **MAKE UP FOR EVER** At Sephora, sephora.ca. **Marc Jacobs** marcjacobs.com. **Marco de Vincenzo** marcodevincenzo.

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com. **Michael Kors** michaelkors.com. **Milly** milly.com. **Missoni** missoni.com. **Miu Miu** miumiu.com. **NARS** At Sephora, sephora.ca; Hudson's Bay, thebay.com; Holt Renfrew, holtrenfrew.com; Murale, murale.ca. **Nicholas K** nicholask.com. **Nudestix** At Sephora; sephora.ca. **Olay** At drugstores and mass-market retailers. **Opening Ceremony** At Hudson's Bay, thebay.com. **Opus** opusbike.com. **Pantene** At drugstores and mass-market retailers. **Parklife** At Aritzia, aritzia.com. **Paul Smith** paulsmith.co.uk. **Prada** prada.com. **Pureology** pureology.com. **Redken** redken.ca. **Revlon Professional** revlon.ca. **Rochas** rochas.com. **Rune** At Archives, archivesltd.com. **Sacai** sacai.jp. **Saint Laurent** ysl.com. **Schwarzkopf** schwarzkopf.com. **Sephora** sephora.ca. **Sisco Berluti** siscoberluti.com. **Sonia Rykiel** soniarykiel.com. **Sportmax** sportmax.com. **Stella McCartney** stellamccartney.com. **Stella Nascente** At Pasquale Bruni, pasqualebruni.com. **Stila** At Shoppers Drug Mart, shoppersdrugmart.ca; Murale, murale.ca. **Tata Harper** At beautymark.ca. **Thierry Mugler** At Sephora; sephora.ca. **Tiffany & Co.** tiffany.ca. **Tom Ford** At select Holt Renfrew locations, holtrenfrew.com. **Tommy Hilfiger** tommy.com. **Tory Burch** toryburch.com; at Holt Renfrew, holtrenfrew.com. **TRESemmé** At drugstores and mass-market retailers. **Tsumori Chisato** tsumorichisato.com. **T3** At Sephora, sephora.ca. **UNTTLD for ÉDR** editionsderobes.com. **Urban Decay** At Sephora, sephora.ca; select Shoppers Drug Mart locations, shoppersdrugmart.ca. **Vidal Sassoon** At drugstores and mass-market retailers. **Wella Professionals** wella.com. **Wet n Wild** At Walmart, walmart.ca. **Wonder Curl** At rootstocurls.com. **YSL Beauté** At Sephora, sephora.ca; Holt Renfrew, holtrenfrew.com; Hudson's Bay, thebay.com. **Zadig & Voltaire** At Holt Renfrew, holtrenfrew.com. **Zoologist** zoologistperfumes.com; at scenttrunk.com. ☐



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ADVENTURE GIRL

This spring, we pledge to express ourselves with these Anya Hindmarch leather stickers, which are the new sartorial badge of honour. The collectibles give a clever voice to almost any accessory (bags and tech gear get the thumbs-up), making it easier than ever to tell it like it is (embossed leather stickers, from $67, and silk scarf, $214, anyahindmarch.com).

TEXT BY LISA GUIMOND; ILLUSTRATIONS BY REGINALD LEUNG; GEOFFREY ROSS

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